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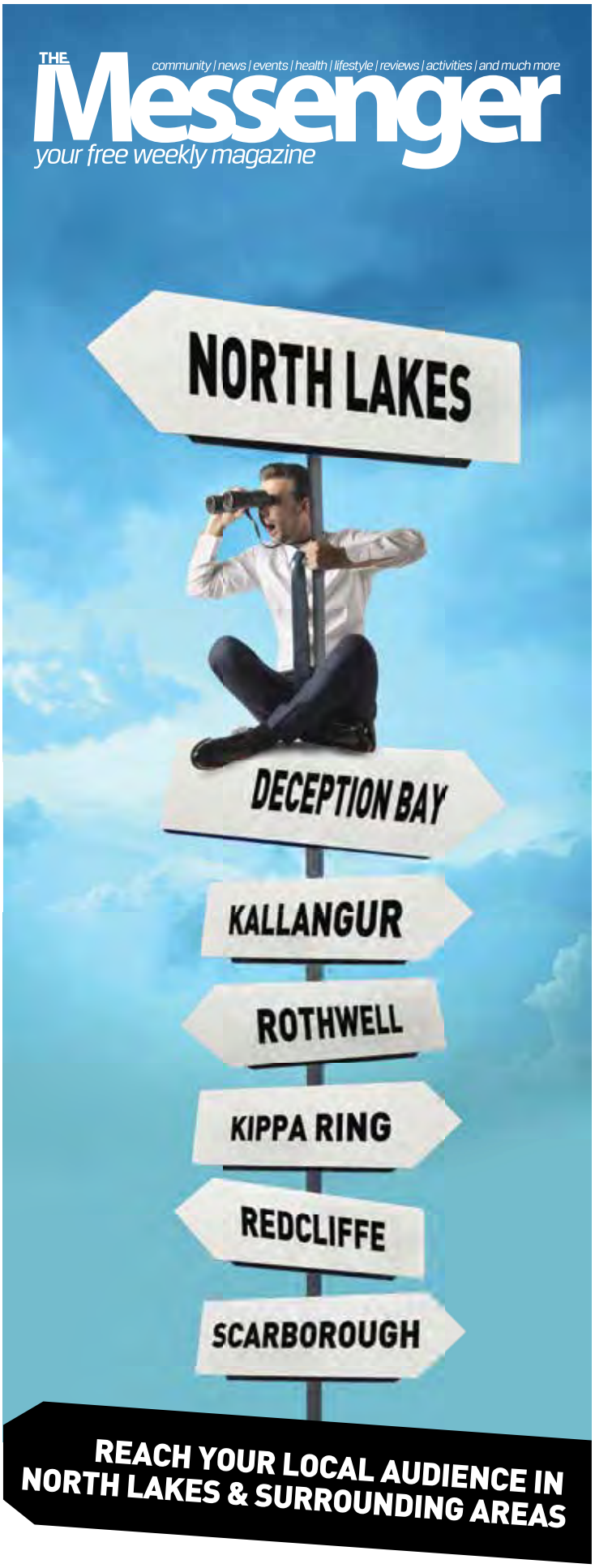

REACH YOUR LOCAL AUDIENCE IN NORTH LAKES & SURROUNDING AREAS

Call the Messenger today on 0488 112 822
or email adz@northlakesmessenger.com.au

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THE Messenger

Now in its eleventh year, the Messenger is your free weekly publication. Wholly owned, operated and produced locally. Proudly independently published.
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Contact Us

Editorial/Submissions

The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education.
Email your reports and pictures to Editor Dan Fidler via:
editor@northlakesmessenger.com.au

Advertising

For all advertising rates, conditions and bookings please contact Advertising Manager Jodi Doe on **3881 3322** Tuesday to Thursday. Other times please call **0488 112 822** or email **adz@northlakesmessenger.com.au**

Please note:

- Business hours are week days 9am to 5 pm.
- All advertising is to be pre-paid.

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For all distribution enquiries and requests please contact our Distribution Manager, Ali Hunt via:
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Other Contacts

For Community Notice Board and Your Say please email:
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Ladies Night at Bunnings

Make your own cheeseboard with Adam Dovile

Adam Dovile from Better Homes and Gardens will be hosting a ladies-only workshop at Bunnings North Lakes on Friday 19 February.

The interactive workshop will see the ladies make their own cheese board. Bunnings will provide the refreshments.

The event is on Friday 19 February from 6.00pm – 8.30pm at Bunnings Warehouse North Lakes 18-28 Cook St, North Lakes.

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50 years of decimal currency

commemorated by Australia Post

The circulation of new currency, beginning on 14 February 1966, signified the successful completion of one of the most challenging reforms Australia had ever seen.

Demanding intense manufacturing and preparation, the replacement of pounds, shillings and pence required huge mobilisation across private and public sectors, with readjustments to transactions, advertising, postage and banking as well as intense education campaigns.

"Not only did the general public have to be educated on the changes," said Australia Post Philatelic Manager Michael Zsolt, "but retailers and bank staff had to be trained to make conversions, update their signage and help customers"

Involving the input of some of Australia's most brilliant minds, renowned Sydney-based designer Gordon Andrews (1914–2001) created the boldly coloured banknotes that depict a diverse and inclusive Australia.

"The bank notes were ground-breaking for a number of reasons. First, they featured Aboriginal culture, architecture, the arts, science, industry and native fauna. Second, the $5 note featured a woman other than the Queen for the first time ever – Caroline Chisholm," Mr Zsolt said.

Gold and silversmith Stuart Devlin (1931–) designed Australia's new coins, sculpting depictions of Australian fauna across the 1c, 2c, 5c, 10c, and 20c coins, and the Australian coat of arms on the 50c coin.

Celebrating the effort and success of the introduction of decimal currency, Australia Post commissioned Melbourne-based Melinda Coombes of Coombes Whitechurch Design to create a new design for the $1 stamp.

"The stamp illustrates the change that our currency underwent with the layering of a pre-decimal £1 note with the decimal $1 note and $1 coin – the $1 coin replacing the note in 1984", said Mr Zsolt.

The products in the stamp issue are a:

- first day cover
- sheetlet pack
- sheetlet of 10 x $1 stamps
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The Decimal Currency 1966–2016 stamp issue is available at participating Post Offices, via mail order on 1800 331 794 and online at auspost.com.au/stamps while stocks last.

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Queenslanders urged to adopt a greyhound

Queenslanders are being encouraged to give greyhounds a life beyond the racetrack via the State Government's Greyhound Adoption Program (GAP). So far 930 greyhounds had found new homes with dog-loving Queenslanders since the initiative was launched in 2004.

"If you love dogs and you have a suitable property to house one, we're encouraging you to consider adopting a greyhound," Racing Minister Grace Grace said.

"Once a dog has finished its career on the racetrack, it still needs the care and attention of a loving owner.

Greyhounds available for adoption were housed at the Racing Queensland-leased Sovereign Lodge in the Lockyer Valley.

After the live-baiting in February 2015 scandal broke, Racing Queensland officials seized a large number of greyhounds.

"In April this year, Racing Queensland introduced a levy on greyhound racing prizemoney to assist in the cost of greyhound re-homing initiatives," she said.

Every dog that enters GAP is temperament tested, de-sexed, wormed, microchipped and vaccinated by a vet.

So if you want a new pet, we can connect you with a greyhound that's been professionally cared for and fully vetted."

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A hair-raising challenge!

The quest to find Queensland's most extraordinarily brave community

Each year, the Leukaemia Foundation's World's Greatest Shave sees thousands of Queenslander's bravely shave, colour or wax – and this year it wants to know which city is a cut above the rest.

The Leukaemia Foundation of Queensland's CEO, Bill Petch, said registration for the popular event on March 10-13 was now open and the race for one of Brisbane's suburbs to be crowned bravest had begun.

"Chinville, the birthplace of the World's Greatest Shave, has long been considered the most daring but I'm certain there are communities like the suburbs of Brisbane that can rival the bravery and charitable spirit of Chinville's famed residents," Mr Petch said.

"The city with the most residents signing up to World's Greatest Shave will have the honour of becoming Chinville's sister city, going down in history as the bravest community in the state.

"I urge everyone in Brisbane to look amongst their community of work colleagues, school mates, friends and family and nominate those in the most pressing need of a shave, colour or wax. Every inch of hair sacrificed, every hipster beard banished will help us to beat blood cancer."

Sign up at www.worldsgreatestshave.com
This year's World's Greatest Shave is on 10 – 13 March

Now the third biggest cause of cancer death in Australia, blood cancers like lymphoma, leukaemia and myeloma, are claiming more lives each year than breast cancer or skin cancer. Blood cancer fast facts

"We urgently need to raise $18 million nationally this year to fund life-saving research that will help increase patient survival rates and improve their quality of life," Mr Petch added.

The charity hopes more than 40,000 Queenslanders will get involved at home, work, school or at hundreds of public events

The Leukaemia Foundation receives no direct government support and relies on the generosity of the community to help patients beat their blood cancer.

Find out more about Chinville or help your suburb become the bravest of all by signing up at worldsgreatestshave.com

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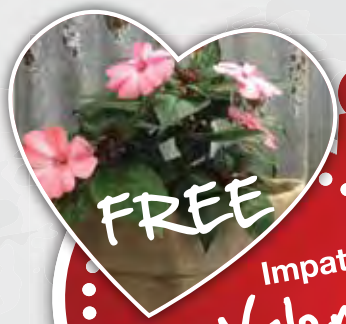

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This Valentine's Day

Open your heart to a pet in need

It's the season for love and while many people are focussed on finding a date this Valentine's Day, The Pet Foundation together with Petbarn is encouraging Australians to open their hearts to a pet in need.

In time for the month of love, Petbarn North Lakes is hosting its annual Pet Dating event on Saturday 13th February at the store, as well as across more than 140 Petbarn stores nationally, whereby prospective pet parents are able to meet a number of loveable pets in need of a new home.

The aim of the event is to find forever homes for a number of pets that have previously been displaced. Importantly, The Pet Foundation aims to find long-term solutions for pets and pet parents, with the local Petbarn store partnering with the RSPCA Queensland.

Janine Kitchen, Store Manager, Petbarn North Lakes said: "We are passionate about helping pets find the perfect home. Pets give back so much in terms of the love and loyalty and they help us become better humans by teaching us patience and responsibility.

Pet Dating is on Saturday 13 February 2016 from 11am-3pm at Petbarn North Lakes, 55 Flinders Parade, North Lakes

More information: www.petbarn.com.au/services/adoptions/ or call 3181 3291

"Having a pet as part of your family is a wonderful experience and we're glad to play a role in not only helping pets in need find new homes but in enriching the lives of Australians as they welcome a new member of the family to their homes," said Janine.

The event itself will run from approximately 11am-3pm and will involve between four and six pets including cats and kittens (the types of pets that are up for adoption may vary on the day). Last year over 210 pets nationally were re-homed as part of the Pet Dating event.

If people do find a perfect match they will be able to go through the pet adoption process in-store on the day. Most importantly, while the adoption fee set by the local charity is collected by Petbarn Adoptions, 100% of this fee is returned to the charity. All cats and dogs are de-sexed, vaccinated and micro-chipped before being brought into store.

Petbarn Adoptions is committed to responsible pet ownership and animal welfare all year round and while the Pet Dating event only occurs on Valentine's Day, 90 Petbarn stores have in-store Pet Adoption Centres that are always open.

Terry White chemists

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Your Valentine's Day Messages

To mum, I hope you have a great Valentine's Day thank you so much for everything you do for me you are the best mum in the world and I love you love from **Katie, panda, popcorn and Chelsea**

Dear Mathew ,
Thank you for being caring and a great boyfriend to me . I cant wait to have my first v time day with you .

I love you so much . thank you for being you Mathew .
love from Katie

Matt
I love you
What more can I say
You are my whole life
Each and everyday
You are my valentine
Today and forever more
You are the one
I will always adore
Happy Valentine's Day, our first as husband and wife
Love your Wife xxxx

My dearest darling Stephanie,
YOU truly are my World, THAT, I can see, the most gentle, unique, quirky person one can be, and you have shown me that the best in life, really is free, ... LOVE...between you and me
yours only..Tasha

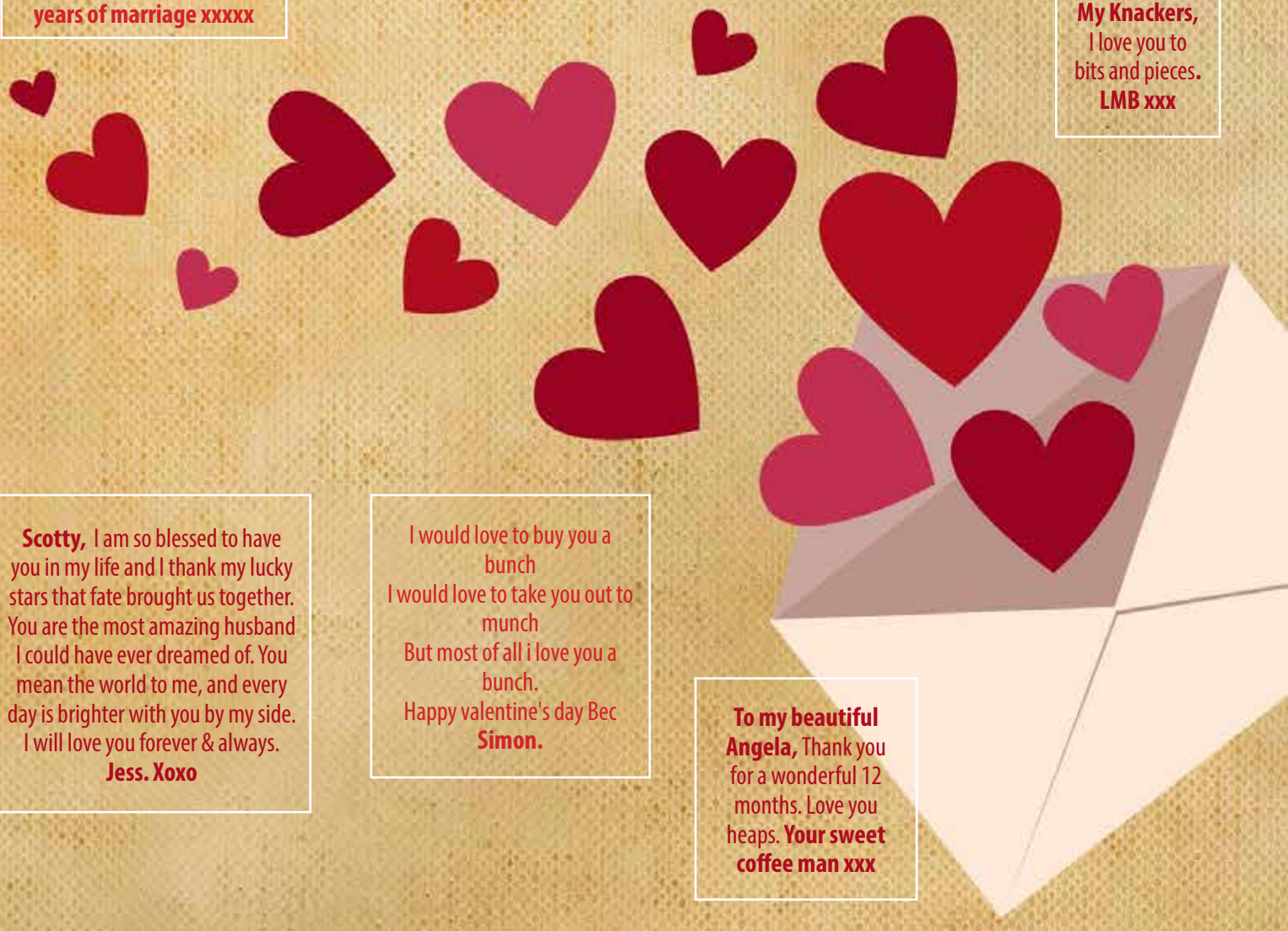
To my dearest Shane,
Happy Valentine's Day! Can't wait to spend a lovely day with such a loving man.
This may be our first Valentine's day together but I hope it will be the first of what will be many to come.
Love you,
Catherine xoxo

To my sweet heart and one special daddy. Happy 1st Valentine's Day with both your girls **Love Tegan and Lil**

P.s roses are red Sunflowers are gold We will love you Till you are very old

Roger, your arms have held me at my weakest, your eyes have seen me at my worst and your heart has loved me through the darkest of times. I'm so thankful for you and the love we share, **happy valentine's day and 10 years of marriage xxxxx**

My Knackers,
I love you to bits and pieces.
LMB xxx



Scotty, I am so blessed to have you in my life and I thank my lucky stars that fate brought us together. You are the most amazing husband I could have ever dreamed of. You mean the world to me, and every day is brighter with you by my side. I will love you forever & always.
Jess. Xoxo

I would love to buy you a bunch
I would love to take you out to munch
But most of all i love you a bunch.
Happy valentine's day Bec
Simon.

To my beautiful Angela, Thank you for a wonderful 12 months. Love you heaps. **Your sweet coffee man xxx**

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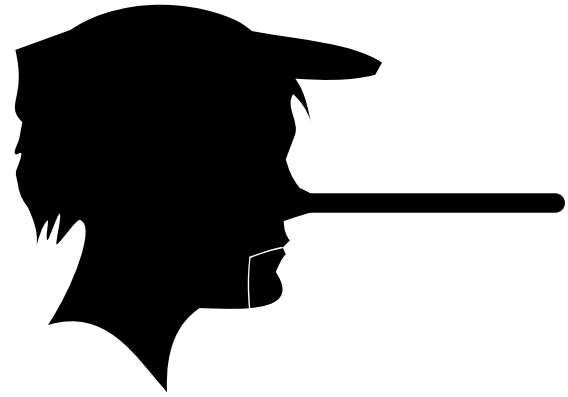
SCRATCHES, SMALL DENTS, ALLOY WHEEL DAMAGE, BUMPER SCUFFS

Conversations with Leonie



He constantly lies to others about everything and then looks to me to back him up

Hi Leonie,

I am writing to you because I'm really starting to dislike who my husband has become. He constantly lies to others about everything and then looks to me to back him up. This is really driving me away and I look for ways to not go out with him anymore. It doesn't matter if it's around family or at his work functions he tells tall tales.

He will take a thing and build on it with so much crap that it looks nothing like the truth. I can't stop thinking about the way he behaves lately. My eldest daughter was putting together a memory book for her little girl and she made a statement of something like – I want your versions of things mum not dad's pie eyed crap. So even the kids are noticing this and I have tried to talk to my husband about his ethics and about how I feel and it always ends is a huge and ugly row.

He won't go to counselling because he says I'm the one with all the problems, no one likes me because I'm a snob, I don't support him in is work and any number of other fanciful things. He forgets all the events, dinners, xmas parties and support I have given him for over 30 years. I feel like I'm ready to leave but I don't know how it will go.

The biggest thing is I can't for the life of me understand why he lies and pumps himself up. We are doing as well as others so why he big notes himself plays on my mind.

Your thoughts please Leonie.

Name withheld by request/ Halpine Lakes

Hi,

I couldn't really form a strong opinion without talking to your husband and hearing things from his frame of reference. I can say that this kind of thing often happens to people who don't have a strong sense of self worth and as such, low self esteem can often drive this behaviour. Logically they may realise that there is no real gain in upping the ante regarding their achievements but they continue to do this, perhaps even on an unconscious level. Sometimes this behaviour is all about creating a persona that the person in question feels is more acceptable.

I have seen this in people who have had to fight for attention or approval from parents in their childhoods or who have experienced significant bullying as a child or as they entered the workforce. This kind of background can see a person forever wanting to gain approval by others and with a need to be seen as doing well. You would have some idea what kind of family of origin your husband was raised in and perhaps there are some clues there.

One interesting thing is that exaggerators or "embroiderers" will often exaggerate their achievements to make up the gap between where they are and where they would like to be. This kind of lying is not really designed to deceive others but rather to bolster oneself and have others look on them with admiration.

On the other hand, sometimes it can be all about personal goals and aspirations rather than simply bragging or playing the poser. The irony here is that often this kind of embellisher will actually achieve the level of status that they had previously misrepresented although at your husband's advanced age, this is unlikely.

The first tactic you might consider is to tell your husband that if he looks to you to validate a lie in the future that you will get up and remove yourself without saying a word.

You could also make a point of taking notice of his conversations and then challenge him about the discrepancies later in private: but certainly don't ever challenge him in front of others. If you make a point of saying "I notice that you said we are better off than we really are" and "Why did you say you earn that much money?" he may realise that someone is noticing these fibs and that someone will hold him accountable.

If you are consistent and do this in a non aggressive way you may make him aware of the frequency of the exaggerations and make him realise that he will be challenged by you about his lies on every occasion.

The other thing you could try is to tell him that you are not comfortable with him sharing personal and financial information with others and that you would like to him to stop this immediately.

I would try all of the above before leaving because if you address this big issue, you may find that there is love there and you have a more clear view of things which will put you in a better position to make the right choice about staying in the marriage or leaving.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com

Leonie Schilling is a qualified private practitioner.
For appointments please phone 3886 2715 or 0423 653 841

Take a free UQ course improve your employability

More than 11,000 people from around the world have signed up for a free University of Queensland course designed to set them on the road to employment in a competitive labour market.

UQ Student Employability Strategy Project Manager Andrea Reid said Employ101x: Unlocking your employability had attracted enrolments from countries including the United States, India, Canada, Australia and the UK.

"Employability is about developing the skills and attributes that make graduates more likely to secure work and be successful in their chosen field," she said.

"One of the key messages of this Massive Open Online Course (MOOC) is that employers expect more than just a degree in today's competitive graduate labour market.

"They are looking for degree knowledge and skills and personal attributes that guide workplace performance.

"An employable graduate is someone who can make a valuable contribution to an organisation, and this is about a combination of knowledge and the skills and attributes to do a job well," she said.

UQ Deputy Vice-Chancellor (Academic) Professor Joanne Wright said the course was part of a larger focus on employability at UQ.

"We aim to foster lifelong personal development and encourage contributions to society among our students to help them create change" she said.

"By providing this course on the UQx open platform, learners worldwide will have access to UQ's approach to employability developments.

"The MOOC helps individuals recognise how every experience they have can be valuable to their personal and professional development.

"It shows people how to reflect on any experience, and transfer the skills developed into a workplace context," Professor Wright said.

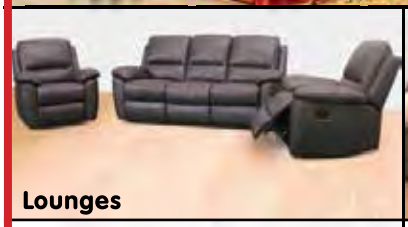
The self-paced course offers seven modules and features contributions from Australian and international experts and employers, as well as students and alumni.

It draws from UQ's employability framework, which enables students to self-reflect on their experiences to develop their employability and transfer their learning to the workplace.

UQ will release a course on developing team-work skills, TEAMS101x: Working in Teams in February.

UQ teaching staff will harness the two new MOOCs to help students develop the skills they need to benefit from learning on campus and to succeed in future employment.

edX is the world's largest non-profit MOOC provider. It was founded by Harvard University and Massachusetts Institute of Technology in 2012.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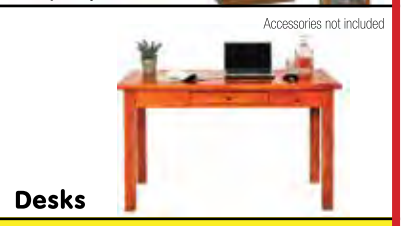
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Do you walk into a room and see trails of black ants?

Or watch your kids play outside, only to hear cries of pain as they are stung by a green ant? Or even wake up and discover hundreds of little funnel ant mounds scattered over your yard?

If you suffer from any of these annoyances, you are not alone. In recent weeks Sandgate Pest Control has serviced a number of homes in the local area for all three types of pesky ants. Most people know that a pest control company such as Sandgate Pest Control can successfully eradicate black ants from their home; however they are often surprised to discover that a pest control company actually completes treatments for pests such as green ants and funnel ants.

You may have noticed that there is little you can do yourself to remove a green ant or funnel ant problem. You think you destroy one nest, and then three others pop up in the days after. More often than not having a professional treatment carried out is the only way to completely rid your yard of the problem.

Sandgate Pest Control has two treatments designed for the eradication of green ants and funnel ants, using chemicals specifically designed for the purpose. A Sandgate Pest Control technician will thoroughly inspect your yard, identifying nest locations and then treating every nest individually. This thorough approach means that each nest is identified and the subsequent ant problem is removed. So if you have a problem with ants, of any species, please contact Sandgate Pest Control.

They are happy to provide free quotes, advice and answer any queries about the treatment of ants.

They can be contacted on

3269 6198

or via email: admin@sandgatepest.com.au.

For more information about Sandgate Pest Control or the services they provide visit there website

www.sandgatepest.com.au

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Have Your Say

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These submissions aren't edited for grammar, punctuation or spelling to retain the authors original intent.

Magpies Killed?

One of the joys of living in North Lakes is the sound of Magpies singing, as I walk my dog every morning, to see them scratching in gardens, keeping unwanted insect pests under control.

Suddenly in an area where Explorer Drive crosses the creek separating the new building area, The Rise, from Edenvale, the Magpies have disappeared in a space of about 2 days.

Magpies are a territorial bird and do not migrate, so the only explanation is that the birds have been killed.

The only reason for this would be, that their warbling upset some ones sleep, and for this they paid with their lives.
We are in a very sorry state when live life can be treated so shabbily.

Twitcher

Demise of Masters

Although the demise of Masters is a sad lost to North Lakes the opportunity to enhance the building should be grasped. How about making the building into a mini mall. Businesses thinking of locating in the area could set up and not have to wait for construction of shops. Drummond Golf, Spotlight, Lincraft, Harvey Norman, Amart Sports, Fasta Pasta, to name a few that I would welcome, it's a thought.

JS, North Lakes

Masters

I don't think Masters will trade out or sell so my vote is for a outlet store like DFO.

DS

Parking at bounty Boulevard school

Hi there, i am a resident of northlakes and as it is the first day of school when all the parking dramas of old begin again, i thought id get in quick to have my say. Im not a very opinionated person and generally dont get involved in discussions that don't directly concern me, however, as i drove past bounty school at 3pm pick up i noticed alot of vehicles parked on the grass off the road, no traffic jams or long lines of cars at the lights.

I have read in previous letters to the messenger alot of complaints about parents parking in side streets for school drop off and pick up, as this was meant to be a solution to the parking situation but clearly didnt go down well. Im concerned for alot of parents who had parked on the grass, as i noticed with disgust, parking inspectors writing out tickets to cars parked OFF the road. I dont understand why we have a school with inadequate parking forcing people to park obviously illegally, however, not unsafe only to come past issuing tickets.

How about the council get their hands out of parents pockets and instead of adding classrooms to hold more students which will essentially add to the traffic debacle, they allocate more parking to the school OR introduce a solution that doesn't include fining the every day parent for simply just trying to get their child to school safely.

Sincerely, disgusted resident.

Masters Site

A suggestion for the Masters site would be to turn it into a Ten Pin bowling alley, and the garden centre into a Put Put area.

We do live in a community with young people with families and this site is not too close to residential buildings to be a nuisance. Plenty of car parking, and also when rumours are about that the Redcliffe bowling alley could be closing in the not too distant future it would be great for the community.

Derrik

Home cooking and healthy weight loss

By Dr Anita, Brisbane North PHN

Taking time to prepare healthy meals can be a challenge and it certainly does not get any easier the busier life gets, but the benefits make it all worthwhile.

A recent Omnipoll survey (October 2015) of 1,230 Australians revealed about half of all Australian adults aged 18 to 64 (54 per cent) are unhappy with their current weight.

Commissioned by the nation's peak nutrition body, the Dietitians Association of Australia (DAA), the survey also found sixty per cent of women and 43 per cent of men want to drop some kilos.

Around 38 per cent of those surveyed want to eat healthier. But despite the good intentions, 14 per cent say they are eating out or eating take-away meals three or more times a week.

Sometimes, all that is needed is reliable advice about making simple changes, like how to begin cooking at home, or choosing the right portion sizes.

To help kick-start some healthy eating habits and encourage more people to try cooking at home, the DAA came up with Australia's Healthy Weight Week (15 – 21 February).

This important week aims to raise awareness about the importance of achieving and maintaining a healthy weight and lifestyle.

According to the DAA, research shows people who usually cook dinner at home, six to seven times a week, are more likely to have a healthier diet and consume less kilojoules, fat and sugar, compared with people who rarely eat home-cooked dinners.

Cooking at home also makes it easier to increase vegetable intake by more than half a serve a day. This is especially important given more than nine in 10 Australians do not eat enough vegetables.

Substituting vegetables and other low-kilojoule, nutrient-rich foods for 'energy-dense' take-away snacks helps to fill you up, without tipping the scales in the wrong direction.

So a simple step to follow when cooking at home is to add an extra serve of vegetables to your main meal, allowing them fill up at least half your plate.

But being aware of the right portion sizes and how much you eat is also a key part of achieving and maintaining a healthy weight.

The DAA cites a recent Australian study which found we typically overestimate portion sizes for common foods and drinks, compared to the sizes health authorities actually recommend.

To help with healthy meal planning and portion sizes, you can download a free cookbook from the Healthy Weight Week website here: www.healthyweightweek.com.au.

Or you could don an apron and take up the Healthy Weight Week cook-at-home challenge. It's all about making healthy food tasty, fast and cheap!

There are literally hundreds of health-focused events, including nutrition workshops and cooking classes, being held around the country during Australia's Healthy Weight Week.

This year, award-winning celebrity cook Callum Hann and accredited practising dietitian Themis Chryssidis are throwing their support behind the campaign.

Remember that accredited practising dietitians are the experts in food and nutrition. They provide practical, tailored advice based on the latest science, and can help motivate and support you to take charge of what you eat.

It is also a very good idea to consult your family doctor for weight loss advice and support, especially if you have a chronic or complex medical condition.

Being a healthy weight helps you to feel your best, and it's never too late to start. Healthy Weight Week is the perfect time to kick-start healthy eating habits.

Your Stars

Aquarius Jan 21-Feb 19: All the pieces come together. But what a weird fit! Not even you could've predicted this unlikely outcome!

Pisces Feb 20-March 20: Good new arrives in the nick of time. It may not have the same effect as the cavalry riding to the rescue, but it's the next best thing!

Aries March 21-April 20: What you want is in reach, but there's a difference between striving and arriving. Switch gears now so that you'll enjoy crossing the finish line.

Taurus April 21-May 21: Attractions as well as distractions compete for your attention. Nothing wrong with that. You could use a breather given how rough the last few weeks have been.

Gemini May 22-June 21: Choose words carefully. Rivals are looking to build a case against you and they'll take what they can get. Don't make their job any easier.

Cancer June 22-July 23: Collaboration is only as good as the two people involved. Do the best you can and your partner will likely do the same?

Leo July 24-Aug 23: Someone who vanished abruptly is back. Have things changed? It depends on what you think about being pursued rather than the one doing the pursuing.

Virgo Aug 24-Sept 23: You can be tit for tat, or you can tune into what's being said. Go for the latter. Not only is it revealing but it's also forgiving.

Libra Sept 24-Oct 23: life would be much easier if you didn't have to put up with a loved one's antics, but guess what, they have to put up with yours!

Scorpio Oct 24-Nov 22: After much deliberation, you're ready to say yes. Don't worry, it's the best decision you'll ever make.

Sagittarius Nov 23-Dec 21: This isn't the time to be accommodating. If anything, be bossy. Tell the difficult ones to step up to the plate, and they will!

Capricorn Dec 22- Jan 20: You hate to give up something for nothing, but sacrifice is what's required now. But don't worry, it won't go unreciprocated.

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NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Australian Geographic Adventures. **12.30** Hot In Cleveland. (PG) **1.00** Our Town Queensland. **1.30** Nine Presents. **1.45** The Middle. (PG) **2.15** Movie: Pure Country 2: The Gift. (PG) (2010) **4.30** Georgy Girl: The Making Of The Musical. **5.00** News: First At Five. **5.30** Getaway. (PG) Return. **6.00** Nine News. **6.30** Rugby League. NRL All Star Game. Indigenous All Stars v NRL All Stars. **9.00** Here Come The Habibs! (PG) **9.45** Movie: The Campaign. (MA15+) (2012) **11.30** Movie: The Virginity Hit. (MA15+) (2010) **1.15** Sue Thomas: F.B.Eye. (PG) **2.10** V.I.P. (M) **3.05** Anger Management. (M) **3.30** Avengers. (PG) **4.30** Global Shop. **5.00** Leading The Way. (PG) **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **10.30** Ben 10. (PG) **11.00** Children's Programs. **12.30** SpongeBob. **1.30** Wild Kratts. **2.00** My Surf TV. **2.30** Little Charmers. **3.00** Rabbids. (PG) **3.30** Sonic Boom. (PG) **4.00** Yo-Kai Watch. (PG) **4.30** The Batman. (PG) **5.00** The Tom And Jerry Show. **5.30** Scooby-Doo! (PG) **6.00** Movie: Superman II. (PG) (1980) **8.35** Movie: Batman Returns. (M) (1992) **11.10** Miniseries: Batman: The Dark Knight Returns. (M) **12.40** Arrow. (M) **1.30** Surfing Australia TV. **2.00** Little Charmers. **2.30** Yo-Kai Watch. (PG) **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Saturday Disney. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** I Dream Of Jeannie. **12.30** Bewitched. **1.00** Who's The Boss? (PG) **1.30** Movie: The Tale Of Despereaux. (G) (2008) **3.30** Better Homes. **4.30** News. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Monsters University. (G) (2013) **9.10** Movie: The World's End. (MA15+) (2013) Simon Pegg. **11.15** To Be Advised. **12.15** Revenge. (M) **1.05** Revenge. (M) **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Dr Oz. (PG)

7TWO

6.00 Shopping. **7.00** Saturday Disney. **9.00** Jessie. **9.30** Austin & Ally. **10.00** Shopping. **11.00** The Great Australian Doorstep. **11.30** Great South East. **12.00** Creek To Coast. **12.30** The Long Weekender. **1.00** Horse Racing. Orr Stakes Day. Featuring the Group 1 $400,000 CF Orr Stakes (1400m) and Group 2 $200,000 Autumn Stakes (1400m). **4.30** Qld Weekender. **5.00** Melbourne Weekender. **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** Fantasy Homes By The Sea. **8.30** Escape To The Country. **9.30** Original Features. (PG) **10.30** House Wreck Rescue. (PG) **11.30** Bargain Hunt. **12.30** The Great Australian Doorstep. **1.00** Great South East. **1.30** Creek To Coast. **2.00** The Long Weekender. **2.30** Qld Weekender. **3.00** Melbourne Weekender. **3.30** Grainger's World: Heroes Of The Amazon. **4.30** Hoofs, Humps And Feathers. **5.30** Harry's Practice.

TEN

6.00 Fishing Edge. **6.30** The Home Team. **7.00** iFish. **8.00** Family Feud. **8.30** St10. (PG) **11.00** The Living Room. **12.00** The Doctors. (PG) **1.00** Healthy Homes TV. **1.30** Everyday Gourmet. **2.00** Places We Go With Jennifer Adams. **2.30** The Home Team. **3.00** Jamie & Jimmy's Food Fight Club. (PG) **4.00** What's Up Down Under. **4.30** Escape Fishing With ET. **5.00** News. **6.00** Jamie's 15-Minute Meals. Jamie whips up a selection of meals. **6.30** Movie: Night At The Museum. (PG) (2006) Ben Stiller. **8.50** Movie: The Secret Life Of Walter Mitty. (PG) (2013) Ben Stiller, Kristen Wiig, Jon Daly. A daydreamer embarks on an adventure. **11.05** The Late Show With Stephen Colbert. (PG) **12.05** 48 Hours. (M) **1.00** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** M*A*S*H. (PG) **9.00** Reel Rock. (PG) **9.30** World Sport. **10.00** Operation Repo. (PG) **12.00** Whacked Out Sports. (PG) **12.30** Car Torque. (PG) **1.00** Motor Racing. World Series Sprintcars. **2.00** Our Unsung Heroes. (PG) **3.00** World's Busiest. (PG) **4.00** David Attenborough's The Himalayas. (PG) **5.00** Adventure Angler. **5.30** Shark Tank. (PG) **6.30** Monster Jam. **7.30** Black Gold. (PG) **8.30** To Be Advised. **9.30** Ripper Street. (M) Return. **10.35** Rush. (M) **11.30** Bellator MMA. (M) **2.00** The Home Team. **2.30** Temporary Australians. (PG) **3.00** River To Reef. **3.30** Motor Racing. Australian GT Championship. Highlands 101. Replay. **4.30** Reel Rock. (PG) **5.30** Adventure Angler. (PG)

ABC

6.00 Rage. (PG) **10.30** Rage. (PG) **11.40** Pointless. Final. **12.25** The Great Australian Fly. (PG) **1.20** Restoration Man. (PG) **2.10** Grand Designs Revisited. (PG) Final. **3.00** Monty Don's French Gardens. **4.00** Jillaroo School. (PG) **4.30** Landline. **5.05** Griff's Great Britain. **5.30** Inspector George Gently. (PG) Final. **7.00** News. **7.30** Death In Paradise. (PG) Return. **8.30** Cuffs. (M) New. **9.30** Jack Irish. (M) **10.25** Adam Hills: The Last Leg Down Under. **11.15** Black Comedy. (M) **11.40** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Penn & Teller: Fool Us. (PG) **8.15** Would I Lie To You? (PG) **8.45** Adam Hills: Happyism. (M) **9.30** Live At The Apollo. (M) **10.20** Inside Amy Schumer. (M) **10.40** The Office. (M) **11.15** Extras. (M) **11.45** Comedy Up Late. (MA15+) **12.15** This Old Thing. **1.05** The Incredible Mr Goodwin. (PG) **1.50** Kroll Show. (M) **2.15** News Update. **2.20** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Figure Skating. ISU European Championships. Ladies' Singles and Ice Dance. Highlights. **3.30** Massive Moves. **3.55** Massive Moves. **4.20** Life And Death In The Valley Of The Kings. (PG) **5.25** Who Do You Think You Are? (PG) **6.30** SBS World News. **7.35** Coasts Of Ireland. **8.30** Movie: The Hours. (M) (2002) **10.35** RocKwiz. (PG) **11.35** Vikings. (M) **12.25** Miniseries: Life Of Crime. (M) **1.20** Miniseries: Life Of Crime. (M) **2.10** Miniseries: Life Of Crime. (M) **3.00** Tomorrow's World. (PG) **3.55** Wonders Of The Clockwork World. **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 19. Brisbane Roar v Newcastle Jets. Replay. **3.00** Thin Air. (PG) **3.10** Charley Boorman's Extreme Frontiers: South Africa. (PG) **4.10** The Brain: China. **6.00** Movie: The Illusionist. (PG) (2010) **7.30** If You Are The One. **8.30** Bear Grylls' Mission Survive. (M) **9.30** Commando School. (M) **10.25** Vikings. (MA15+) **11.20** Vikings. (MA15+) **12.20** Vikings. (MA15+) **1.15** Vikings. **2.05** Vikings. (MA15+) **2.55** Movie: Running On Empty. (MA15+) (2010) **4.30** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.40pm Big (1988) Comedy. Tom Hanks, Elizabeth Perkins. (PG) *Comedy*

7.30pm Big Eyes (2014) Drama. Amy Adams, Christoph Waltz. (M) *Masterpiece*

8.00pm Harry Potter And The Deathly Hallows: Part 1 (2010) Adventure. (M) *Family*

GENERAL

5.30pm My Big Redneck Vacation. (PG) *A&E*

6.30pm The Shannara Chronicles. (M) *SyFy*

7.30pm Killjoys. (M) *SyFy*

DOCUMENTARY

3.30pm Posh Pawn. (PG) *Lifestyle*

6.30pm First Australians. (PG) *History*

7.30pm Blondie's New York. (PG) *Foxtel Arts*

SPORT

12.00pm Basketball. NBA All-Star Event. Rising Stars Challenge. *ESPN*

4.15pm Soccer. A-League. Round 19. Sydney FC v Perth Glory. *Fox Sports 4*

6.30pm Soccer. A-League. Round 19. Melbourne City v Melbourne Victory. *Fox Sports 4*

1302

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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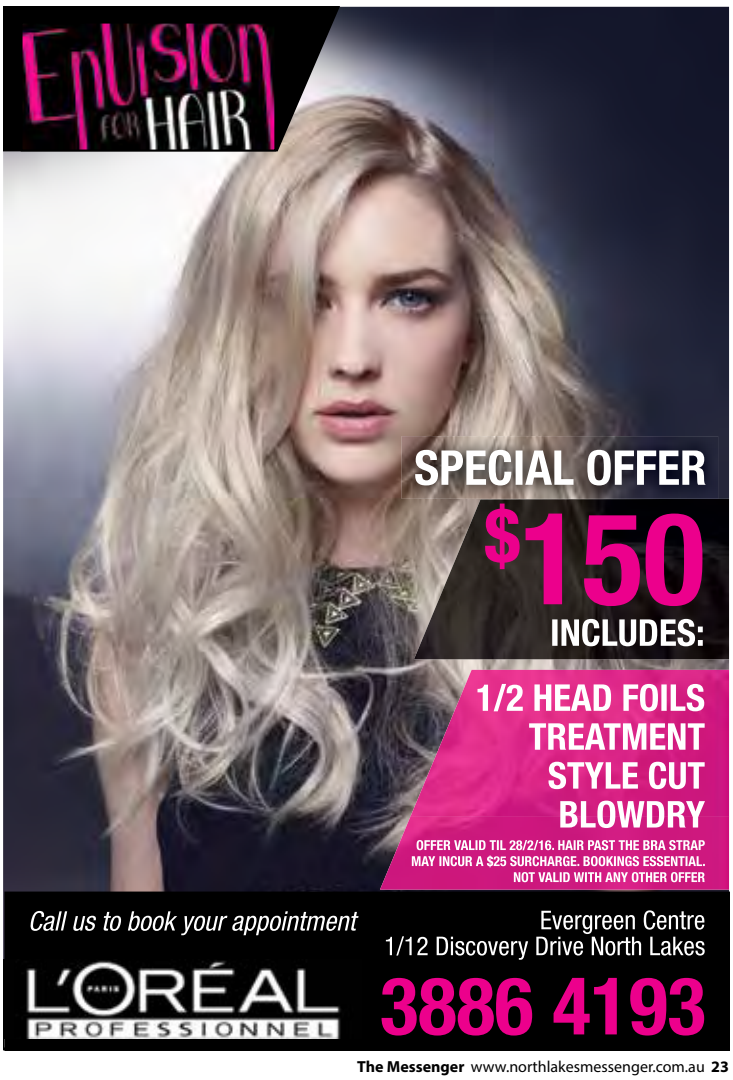

NINE

6.00 PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** The Conversation. **10.30** My Surf TV. **11.00** The Wild Life Of Tim Faulkner. (PG) **11.30** Endangered. **12.30** Cycling. Santos Women's Tour. Highlights. **1.00** Santos Tour Down Under Review Show. **2.00** Ironman. Kellogg's Nutri-Grain Series. Round 4. **4.00** Explore South Korea. **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** Aust Got Talent. (PG) **8.15** 60 Minutes. **9.25** Hunting The Paedophiles. (M) **10.35** The Embassy. (M) **11.35** CSI: NY. (M) **12.30** Person Of Interest. (M) **1.30** V.I.P. (M) **2.30** Anger Management. (M) **3.00** Global Shop. **3.30** Skippy. **4.00** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Children's Programs. **10.00** Green Lantern. (PG) **10.30** The Batman. (PG) **11.00** Power Rangers Dino Charge. (PG) **11.30** Rabbids. (PG) **12.00** Sonic Boom. (PG) **12.30** SpongeBob. **1.30** Wild Kratts. **2.00** Yu-Gi-Oh! (PG) **2.30** Little Charmers. **3.00** Yu-Gi-Oh! (PG) **3.30** Teen Titans Go! (PG) **4.00** Yo-Kai Watch. (PG) **4.30** Power Rangers Dino Charge. (PG) **5.00** The Batman. (PG) **5.30** Scooby-Doo! (PG) **6.00** The Looney Tunes Show. **6.30** Movie: 17 Again. (PG) (2009) **8.30** Movie: Deep Impact. (M) (1998) **11.00** Troy. (PG) **12.00** Southern Justice. (M) **1.00** The Cube. (PG) **2.00** Little Charmers. **2.30** Yo-Kai Watch. (PG) **3.00** The Looney Tunes Show. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Wild Kratts. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Doc McStuffins. **6.30** Miles From Tomorrowland. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Lyndey Milan's Summer Baking Secrets. New. **12.30** To Be Advised. **4.30** Great South East. **5.00** The Chase Australia. **6.00** News. **7.00** My Kitchen Rules. (PG) **8.30** Miniseries: Molly. (M) Part 2 of 2. **10.30** To Be Advised. **11.30** Heroes Reborn. (M) **12.30** State Of Affairs. (M) Final. **1.30** Harry's Practice. **2.00** Shopping. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. (PG) **9.00** Shopping. **9.30** Australia's Best Houses. (PG) **10.00** Home And Away Catch-Up. (PG) **12.30** Fantasy Homes By The Sea. **1.30** Escape To The Country. **2.30** Original Features. (PG) **3.30** House Wreck Rescue. (PG) **4.30** World's Strictest Parents. (PG) **5.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. **7.30** House Wreck Rescue. (PG) **8.30** Escape To The Country. Prospective buyers search for a home. **9.30** Escape To The Continent. **10.45** Best Houses Australia. **11.45** World's Strictest Parents. (PG) **12.45** Bargain Hunt. **1.45** House Wreck Rescue. (PG) **2.45** Escape To The Country. **3.45** Escape To The Continent. **5.00** The Magic Of Africa.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Home Team. **8.30** St10. (PG) **11.00** The Doctors. (PG) **12.00** Just Go. **12.30** People Of The Vines. **1.00** GCBC. **1.30** Everyday Gourmet. **2.00** The Offroad Adventure Show. **2.30** Car Torque. (PG) **3.00** 4x4 Adventures. **4.00** iFish. **5.00** News. **6.00** Family Feud: Sunday. **6.30** I'm A Celebrity… Get Me Out Of Here! (PG) **8.00** Modern Family. (PG) **8.30** The X-Files. Mulder and Scully are called in to investigate the seemingly inexplicable murder of a city official. **9.30** Limitless. (M) The SWAT team is suspected of theft. **10.30** To Be Advised. **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Healthy Homes TV. **8.30** GT Academy. (PG) **9.00** Escape Fishing With ET. **9.30** Reel Rock. (PG) **10.30** World Sport. **11.00** Fishing Edge. **11.30** Temporary Australians. (PG) **12.00** Black Gold. (PG) **1.00** Undercover Boss. (PG) **2.00** 4WD Touring Australia. (PG) **3.00** The Offroad Adventure Show. **4.00** Megafactories. (PG) **5.00** What's Up Down Under. **5.30** Adventure Angler. **6.00** Family Feud: Sunday. **6.30** M*A*S*H. (PG) **7.30** Scorpion. (PG) **8.30** David Attenborough's Africa. **9.30** Movie: Natural Born Killers. (1994) **12.00** World Sport. **12.30** Black Gold. (PG) **2.30** World's Busiest. (PG) **3.30** River To Reef. **4.00** Temporary Australians. (PG) **4.30** Car Torque. (PG) **5.00** Football's Greatest Teams. **5.30** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Australia: Canberra Special. **1.30** The Mix. **2.00** Chopin Saved My Life. **3.00** Diana Vreeland: The Eye Has To Travel. **4.30** Julia Zemiro's Home Delivery. (PG) **5.00** Death In Paradise. (PG) **6.00** Antiques Roadshow. **7.00** News. **7.40** Doc Martin. (PG) **8.30** Vera. (M) Final. **10.00** The Weekly. (M) **10.30** Redfern Now. (M) **11.25** Movie: Balibo. (M) (2009) **1.15** Rage. (MA15+) **3.25** Vera. (M) **5.10** Doc Martin. (PG)

ABC2

6.00 Children's Programs. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Thomas And Friends: King Of The Railway. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Build A New Life In The Country. (PG) **8.15** Dream Build. **8.25** Gruen Pitch Rewind. (PG) **8.30** Funny As. (M) **9.35** Bodyshockers: Nips, Tucks And Tattoos. **10.25** Buzzcocks. (M) **10.55** Louis Theroux's LA Stories. (M) **11.55** Nick Baker's Weird Creatures. **12.45** Swamp Brothers. (PG) **1.10** Deadly 60. **1.40** News Update. **1.45** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **8.10** Filipino News. **8.40** French News. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** The World Game. **2.00** Speedweek. **4.00** Trawlermen. (PG) **4.35** Berlin Wall: Closing The Iron Curtain. (PG) **5.30** Tony Robinson's WWI. (PG) **6.30** SBS World News. **7.35** The Great Wall Of China: The Hidden Story. (PG) **8.30** Planes That Changed The World. (PG) **9.25** Movie: Monty Python's Life Of Brian. (M) (1979) **11.05** Monty Python's Best Bits (Mostly) (PG) **11.40** Movie: In The Beginning. (M) (2009) **2.05** Movie: Happy Few. (MA15+) (2010) **3.55** Hostile Environment. (M) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

SBS TWO

6.00 WorldWatch. **8.00** Maltese News. **8.30** Macedonian News. **9.00** PopAsia. (PG) **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Movie: The Illusionist. (PG) (2010) **2.30** Girls Get Out There. (PG) **3.00** Girls Get Out There. (PG) **3.35** The Maker. **3.40** Be Your Own Boss. (PG) **4.50** We Are Young. (PG) New. **5.50** The Brain: China. **7.30** If You Are The One Australia Special. **9.00** Tropfest Australia. (M) **11.40** Boob Tube: Sex, TV And Ugly George. (MA15+) **12.45** In Her Skin. (M) **1.35** In Her Skin. (M) **2.30** Movie: Mommo The Bogeyman. (PG) (2009) **4.15** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.15pm Kingsman: The Secret Service (2014) Action. Colin Firth, Samuel L. Jackson. (MA15+) *Premiere*

7.30pm 127 Hours (2010) Biographical. James Franco, Kate Mara. (MA15+) *Masterpiece*

9.30pm Maggie (2015) Drama. Arnold Schwarzenegger, Abigail Breslin. (M) *Premiere*

GENERAL

6.30pm Modern Family. (M) *FOX8*

7.30pm War & Peace. (M) *BBC First*

DOCUMENTARY

5.30pm A Place In The Sun: Summer Sun. (PG) *Lifestyle Home*

7.30pm Oprah: Where Are They Now? (PG) *TLC*

SPORT

2.00pm Basketball. NBL. Round 19. Melbourne United v New Zealand Breakers. *Fox Sports 3*

4.00pm Soccer. A-League. Round 19. Western Sydney Wanderers v Wellington Phoenix. *Fox Sports 4*

6.00pm Cricket. One-day International Series. South Africa v England. Game 5. *Fox Sports 1*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

Our first general meeting of the year was very well attended, with four new members welcomed into the fold. The focus of this meeting was on the election of our Sub-Committees and Convenors, essential roles which support the Executive Committee in the successful running of our Group. From the many suggestions received from members, our 2016 calendar of events and activities promises to be action packed and loads of fun for all.

Tuesday 16th February 9.45am - GUEST SPEAKER FROM MINDLIFE BALANCE "Know Your Monkey Brain". Visitors Welcome.

Tuesday 23rd February 11.30am - LUNCH AT KALLANGUR TAVERN, 1517 Anzac Ave. A gathering of appetites and an air of socialising at one of our popular Taverns. Registration is essential. Visitors welcome.

Tuesday 1st March 9.45am - MONTHLY GENERAL MEETING. A fun morning that involves some general business and announcements of up-and-coming events, followed by morning tea and lots of happy chatter. Visitors welcome.

Our meetings are open to all women in North Lakes/Mango Hill – Moreton Bay District. Please refer to our listing under the Community Notice Board. For more information contact Julie 3886 4552; Colleen 0418 658 442, Carmen 3491 9410. All are welcome.

Twelve Angry Men

Presented by Act 1 Theatre, Gympie Rd, Strathpine

Synopsis: In New York, a young man is on trial for stabbing his father to death. The jury are locked up to consider their verdict. The majority are agreed but one man refuses to be swayed. It is a sweltering summer's day with a storm brewing and tempers are fraying in the jury room. Patience is tried and prejudices challenged as they plough through the evidence in search of the truth.
It is the classic drama of a group of people thrown together in a confined space, forced to deal with others' personalities and points of view. Conflict erupts and violence threatens before resolution is reached.

History :Twelve Angry Men was written by Reginald Rose as a television play in 1954. It was later adapted for the stage and remade several times for television and film, most famously as a 1957 movie starring Henry Fonda.

Act 1 Theatre's production: Director: Patrick O'Callaghan from Bray Park. He has been involved as actor or director in more than twenty productions over thirteen years as a member of Act 1.

Cast:
Peter Lovely (Deception Bay)
Philip Lawrence (Petrie)
Errol Barnett (Petrie)
Garry Somerville (Lawnton)
Russell Fortescue (Strathpine)
Andrew Jervis (Eatons Hill)
Pierre Nicol (Zillmere)
Tim Stefanini (McDowall)
Erik de Wit (Paddington)

Season: Friday & Saturday evenings, 26 Feb. to 12 March; afternoon matinee Sunday 6 March.
Tickets: $18, concessions $15, members $12.
Bookings: 0458 579 269 or www.act1theatreinc.com
Information: www.act1theatreinc.com

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www.thelifechurch.org.au

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.10** Ellen DeGeneres. (PG) **1.10** Extra. **1.40** Aust Got Talent. (PG) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Aust Got Talent. (PG) **8.45** Farmer Wants A Wife. (PG) **10.00** Who Do You Think You Are? (PG) **11.00** Flash Families. (M) **12.00** Underbelly: Badness. (M) **1.00** V.I.P. (M) **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) Return. **4.05** Looney Tunes. (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adventure Time. (PG) **7.00** The Middle. (PG) **7.30** Deals, Wheels And Steals. (PG) **8.00** Top Gear. (PG) **9.30** Movie: Under Siege 2. (M) (1995) **11.30** Two And A Half Men. (M) **12.00** Sullivan & Son. (M) **12.30** Adventure Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids Invasion. (PG) **2.00** Wild Kratts. **2.30** The Batman. **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Taken: The Search For Sophie Parker. (M) (2013) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) **9.00** Downton Abbey. (PG) Return. Mary's past catches up with her when an unwelcome visitor delivers an ultimatum, and there is news about the running of Downton Hospital. **10.30** Benefits Street. (M) **11.40** To Be Advised. **12.40** The Amazing Race. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. New. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **10.30** NBC Press. **11.30** Australia's Best Houses. (PG) **12.00** Dr Oz. (PG) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. **6.30** Bargain Hunt. **7.30** Cities Of The Underworld. (PG) **8.30** A Touch Of Frost. (M) A murder is committed and the ritualistic killing echoes a previous case. **10.30** Waking The Dead. (MA15+) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **1.45** Property Ladder. (PG) **2.45** Waking The Dead. (MA15+) **4.00** Dealers. (PG) **5.00** Cities Of The Underworld. (PG)

TEN

6.00 Ent. Tonight. **6.30** GCBC. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (PG) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. A look at the day's news. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) In their latest challenge, the celebrities are tossed around in a giant shaker as they try to collect stars. **9.00** CSI: Cyber. (M) Raven's friend is accused of murdering a man she met on a dating app. **10.00** Elementary. (M) Holmes offers to help his father. **11.00** The Project. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Adventure Angler. **8.30** Operation Repo. (PG) **9.00** David Attenborough's Africa. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Biggest Loser USA. (PG) **1.00** Walker, Texas Ranger. (PG) **2.10** Walker, Texas Ranger. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Undercover Boss. (PG) **8.30** Movie: Speed. (M) (1994) Keanu Reeves, Sandra Bullock. **11.00** The Comedians. (M) **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (PG) **4.10** Walker, Texas Ranger. (M) **5.00** Reel Rock. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Landline. **11.00** Australia Wide. **11.30** Eggheads. **12.00** News. **1.00** Crownies. (M) **2.00** Antiques Roadshow. **3.00** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. Return. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.20** Media Watch. (PG) **9.35** Q&A. **10.40** Lateline. **11.10** The Business. **11.25** Golf. USPGA Tour. Pebble Beach Pro-Am. Highlights. **12.20** Miniseries: The Pillars Of The Earth. (M) **2.05** Rage. (MA15+) **4.35** Eggheads. **5.10** The Bill. (PG)

ABC2

6.00 Children's Programs. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** Louis Theroux's LA Stories. (M) **9.30** Ross Kemp: Extreme World. (MA15+) **10.15** Adam Hills: The Last Leg. (MA15+) **11.00** Jimmy Fallon. (PG) **11.40** Funny As. (M) **12.45** Arj Barker: Forever. (M) **2.00** Doctor Who. (PG) **2.45** News Update. **2.50** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** Al Jazeera. **2.00** Max Raabe: Tonight Or Never. (PG) **2.55** SBS Flashback. **3.00** The Lakes. **3.30** Britain's Best Drives. **4.00** Britain's Best Drives. **4.30** Coast. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Does Online Dating Really Work? **8.30** Trawlermen: The Catch. (MA15+) **9.25** Bear Grylls' Mission Survive. (M) **10.20** SBS World News Late Edition. **10.55** Romanzo Criminale. (MA15+) **12.05** Romanzo Criminale. (MA15+) **1.15** The Magic Piano. **1.55** Hard. (MA15+) **2.30** Hard. (MA15+) Final. **3.05** RocKwiz. (PG) **3.55** 24 Hours In Emergency. (M) **4.55** UK Bitesize. **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Romanian News. **4.00** Dara Ó Briain: School Of Hard Sums. (PG) **4.40** Vs Arashi. **5.35** The Office. (PG) **6.00** The Office. (PG) **6.30** If You Are The One. **7.30** The Feed. **8.00** Community. (PG) **8.30** The Returned. (MA15+) **9.40** Movie: My Brother The Devil. (AV15+) (2012) **11.45** Movie: Gerontophilia. (MA15+) (2013) **1.15** The Feed. **1.45** The Sarah Silverman Program. (M) **2.15** Free Radio. (PG) **2.40** RuPaul's Drag Race. (M) **3.30** RT News In English From Moscow. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.45pm Bad Neighbours (2014) Comedy. Seth Rogen, Zac Efron, Rose Byrne. (MA15+) *Comedy*
7.30pm Did You Hear About The Morgans? (2009) Comedy. Hugh Grant, Sarah Jessica Parker. (PG) *Comedy*
9.10pm The Monuments Men (2014) Drama. George Clooney, Matt Damon. (M) *Masterpiece*

GENERAL

6.30pm Vikings. (MA15+) *FX*
7.30pm Elementary. (M) *SoHo*
9.25pm Playhouse Presents. (PG) *BBC First*

DOCUMENTARY

7.00pm Dickens In America. *Foxtel Arts*
8.40pm One Born Every Minute UK. (M) *Lifestyle You*
9.30pm Alaska Monsters. (M) *Animal Planet*

SPORT

5.30pm Cricket. Trans Tasman Series. First Test. New Zealand v Australia. Day 4. *Fox Sports 2*
6.30pm Golf. USPGA Tour. Phoenix Open. Final round. *Fox Sports 1*
8.00pm Rugby Union. Six Nations. Italy v England. *ESPN*

1502

Classifications: **(P)** Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.10** Ellen DeGeneres. (PG) **1.10** Extra. **1.40** Aust Got Talent. (PG) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. (PG) **8.00** Big Bang. (PG) **8.30** Here Come The Habibs! (PG) **9.15** Lip Sync Battle. (M) **9.45** Movie: 21 Jump Street. (MA15+) (2012) **12.00** 20/20. **1.00** Extra. **1.30** Danoz. **2.30** Global Shop. **3.00** Skippy. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Auction Hunters. (PG) **8.30** Bad Robots. (M) **9.30** Movie: The Expendables 2. (MA15+) (2012) **11.30** Two And A Half Men. (M) **12.00** Sullivan & Son. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Obsession. (M) (2011) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Manu Feildel and Pete Evans. **9.00** Wanted. (M) Chelsea and Lola cross the Queensland border to supposed safety while they try to work out a plan. **10.00** Bones. (M) A real estate agent is murdered. **11.00** Motive. (M) **12.00** Happy Endings. (PG) **12.30** Happy Endings. (PG) **1.00** Dr Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. (PG) **6.30** Bargain Hunt. **7.30** Pie In The Sky. (PG) Fisher considers quitting. **8.30** Foyle's War. (M) Foyle is drawn into the murder of an ex-Nazi defector and a leading expert on Soviet intelligence. **10.30** Lovejoy. (M) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. (PG) **1.45** Property Ladder. (PG) **2.45** Dealers. (PG) **3.45** Pie In The Sky. (PG) **5.00** Animal Cunning.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity... Get Me Out Of Here! (PG) The celebrities are invited on a pub crawl. **8.30** NCIS. (M) Bishop and McGee go undercover as a couple to run surveillance on an officer and his wife. **9.30** NCIS: LA. (M) Kensi and Deeks go undercover to protect a well-known fashion model. **10.30** NCIS: LA. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** River To Reef. **8.30** Operation Repo. (PG) **9.00** Megafactories. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Biggest Loser USA. (PG) **2.00** Walker, Texas Ranger. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Last Man Standing. (PG) **8.00** The McCarthys. (PG) **8.30** David Attenborough's Animal Attraction. (PG) **9.30** 48 Hours. (M) **10.30** Tyrant. (MA15+) **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Jake And The Fatman. (PG) **5.00** Reel Rock. (PG) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Hatch, Match And Dispatch. (PG) **11.30** Eggheads. **12.00** News. **1.00** Crownies. (M) **1.55** Antiques Roadshow. **2.55** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Countdown To Life: The Extraordinary Making Of You. (PG) **9.30** Fake Or Fortune? **10.30** Lateline. **11.05** The Business. **11.20** Q&A. **12.25** Rage. (MA15+) **2.35** Countdown To Life: The Extraordinary Making Of You. (PG) **3.35** Fake Or Fortune? **4.35** Eggheads. **5.10** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. (PG) **8.30** Good Game. Return. **9.30** Banged Up Abroad. (M) **10.15** Adam Hills: The Last Leg. (M) Final. **11.00** Jimmy Fallon. (PG) **11.40** Ross Kemp: Extreme World. (MA15+) **12.30** Sh*tsville Express. (PG) **1.05** Dangerous Drivers' School. (PG) **1.50** Doctor Who. (PG) **2.35** News Update. **2.40** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **1.00** PBS News. **2.00** Budding Stars Of The Paris Opera Ballet. **2.30** Opera Stories. **3.00** SBS Flashback. **3.10** Wainwright Walks. **3.40** Future Universe. (PG) **4.35** Storm City. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Great Estates Of Scotland. **8.30** Insight. **9.30** Dateline. Return. **10.00** SBS World News Late Edition. **10.30** Miniseries: The Girl Who Played With Fire. (MA15+) **12.10** Wild Croatia. **1.10** Patience After Sebald. (PG) **2.45** One Born Every Minute: What Happened Next? (M) **3.45** One Born Every Minute. (M) **4.45** Bruce Lee Played Badminton Too. **5.00** CCTV English News. **5.30** Soccer. UEFA Champions League. Round of 16. First Leg. Benfica v Zenit St Petersburg.

SBS TWO

6.00 WorldWatch. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.35** Urban Freestyler. **4.40** Vs Arashi. **5.40** The Office. (PG) **6.05** The Office. (PG) **6.30** If You Are The One. **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (PG) **8.30** The Island With Bear Grylls USA. (PG) **9.20** Unplanned America. **9.50** Rebel Music. (PG) **10.20** What Happens In Kavos. (MA15+) **11.10** South Park. (M) **11.40** The Feed. **12.10** Lost Girl. (M) **1.00** Lost Girl. (M) **1.50** @midnight. (M) **2.15** @midnight. (M) **2.45** Human Giant. (M) **3.10** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.45pm Tammy (2014) Comedy. Melissa McCarthy, Susan Sarandon. (M) *Premiere*
7.30pm The Shawshank Redemption (1994) Crime. Morgan Freeman, Tim Robbins. (MA15+) *Masterpiece*
9.30pm The Hobbit: The Battle Of The Five Armies (2014) Fantasy. Ian McKellen, Martin Freeman. (M) *Premiere*

GENERAL

7.30pm The Last Ship. (MA15+) *FX*
8.15pm The Good Wife. (M) *SoHo*
8.30pm Hollywood Medium With Tyler Henry. (M) *E!*

DOCUMENTARY

6.30pm Running Wild With Bear Grylls. (M) *Discovery*
7.30pm The Great British Bake Off. *Lifestyle Food*
8.35pm Hair. *Lifestyle You*

SPORT

6.30pm EPL Monday Review Show. *Fox Sports 4*
7.30pm Basketball. NBL Blitz. *Fox Sports 3*
9.00pm Boxing. 1995 Classics. IBC Super Middleweight Title. Vinny Pazienza v Robert Duran II. *ESPN*

1602

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Other People's Money. (M) (1991) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Big Bang. (PG) **8.00** Big Bang. (PG) **8.30** The Embassy. (M) **9.30** Fugitive: Black Ops. (M) **10.30** Farmer Wants A Wife. (PG) **11.45** Anger Management. (M) **12.10** Sue Thomas: F.B.Eye. (M) **1.00** Extra. **1.30** Danoz. **2.30** Skippy. **3.00** Global Shop. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Baggage Battles. **8.00** Container Wars. (PG) **8.30** Movie: Casino Royale. (M) (2006) **11.30** South Beach Tow. (M) **12.00** Sullivan & Son. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Lethal Vows. (PG) (1999) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** My Kitchen Rules. (PG) Hosted by Manu Feildel and Pete Evans. **9.00** First Dates. (PG) Singles in search of love are brought together at a restaurant for a blind first date. **10.00** Ramsay's Hotel Hell. (M) Ramsey visits San Diego's Keating Hotel. **11.00** Botched Up Bodies. (MA15+) **12.00** The Secret Life Of Students. (M) **1.00** World's Strictest Parents. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** The Woodlies. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. **6.30** Bargain Hunt. **7.30** Jonathan Creek. (M) Zola Zbzewski's plastic surgeon is found dead. **8.30** The Inspector Lynley Mysteries. (PG) Havers must work with another detective inspector to investigate the case of a woman who drowned in her car. **10.30** Lovejoy. (PG) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **2.00** Shopping. **4.00** Dealers. (PG) **5.00** Property Ladder. (PG)

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) **8.30** Madam Secretary. (M) Elizabeth goes to Myanmar to sign a trade agreement which will help modernise their power grid. **9.30** The Good Wife. (M) Alicia and Cary defend a musician. **10.30** Hawaii Five-0. (M) **11.30** The Project. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Fishing Edge. **8.30** Operation Repo. (PG) **9.00** World's Busiest. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Biggest Loser USA. (PG) **2.00** Walker, Texas Ranger. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Megafactories. (PG) **8.30** Epic Meal Empire. (PG) **9.30** Gordon Ramsay's Hell's Kitchen. (MA15+) **10.30** Sirens. (M) **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Walker, Texas Ranger. (PG) **4.00** Jake And The Fatman. (PG) **5.00** Adventure Angler. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Q&A. **11.05** David Attenborough's Micro Monsters. **11.30** Eggheads. **12.00** News. **12.30** Press Club. **1.30** J.K. Rowling: Life After Harry Potter. (PG) **1.55** Antiques Roadshow. **2.55** The Cook And The Chef. **3.20** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** News. **5.30** The Drum. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Julia Zemiro's Home Delivery. **8.30** The Weekly. (M) **9.00** Black Comedy. (M) **9.30** Adam Hills: The Last Leg. Return. **10.15** Lateline. **10.50** The Business. **11.05** Four Corners. **11.50** Media Watch. (PG) **12.05** Rage. (MA15+) **2.10** Aim High In Creation! (PG) **3.45** Adam Hills: The Last Leg. **4.35** Eggheads. **5.05** The Bill. (PG)

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** Escape From The Secret Sect. (M) **9.20** Bodyshockers: Nips, Tucks And Tattoos. (M) **10.10** Jimmy Fallon. (M) **10.50** Banged Up Abroad. (M) **11.35** Wild Things With Dominic Monaghan. (PG) **12.25** Scrapheap Challenge. **1.15** Jimmy Fallon. (M) **2.00** News Update. **2.05** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 Soccer. UEFA Champions League. Round of 16. First Leg. Benfica v Zenit St Petersburg. Continued. **8.00** WorldWatch. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Microtopia. (PG) **3.00** Dateline. **3.30** Insight. **4.30** The Great Serengeti. (PG) **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Rachel Khoo Bitesize. **7.35** Victory In Europe. (PG) **8.30** 24 Hours In Emergency. (M) **9.30** The Missing. (M) Final. **10.35** SBS World News Late Edition. **11.05** Banking Nature. (PG) **12.45** Movie: Delicacy. (M) (2011) **2.45** The 10 Million Pound Challenge. (PG) **3.40** The Great Escape: Secrets Revealed. (PG) **4.40** Curfew. (M) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** African News. **4.00** The Feed. **4.30** Urban Freestyler. **4.40** Vs Arashi. **5.40** The Office. (PG) **6.05** The Office. (PG) **6.30** If You Are The One. **7.30** The Feed. **8.00** Brooklyn Nine-Nine. (PG) **8.30** Movie: Black Sheep. (MA15+) (2006) **10.10** Movie: The Blob. (MA15+) (1988) **11.50** The Feed. **12.20** Wilfred. (MA15+) **12.50** Shameless. (MA15+) **1.45** Shameless. (MA15+) **2.40** Work Of Art: The Next Great Artist. (M) **3.35** DW News In English From Berlin. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR

MOVIES

5.50pm Unfinished Business (2015) Comedy. Vince Vaughn, Dave Franco. Three businessmen head to Europe to close a deal. (MA15+) *Premiere*

7.30pm American Sniper (2014) Action. Bradley Cooper, Sienna Miller. (MA15+) *Premiere*

9.25pm Magic In The Moonlight (2014) Comedy. Colin Firth, Emma Stone. (PG) *Romance*

GENERAL

7.30pm The Real Housewives Of Beverly Hills. (M) *Arena*

7.30pm House Of Lies. (MA15+) *FX*

9.30pm Highway Patrol. (PG) *FOX8*

DOCUMENTARY

6.30pm Colosseum: The Whole Story. (PG) *History*

8.30pm George Clarke's Amazing Spaces. *Lifestyle*

9.30pm How It's Made. (PG) *Discovery Science*

SPORT

6.30pm Basketball. NBL. Semi-finals. Game 1. *Fox Sports 3*

7.00pm Cricket. Trans-Tasman Series. First Test Review. New Zealand v Australia. *Fox Sports 1*

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Not Easily Broken. (M) (2009) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Inside Story. **8.00** RBT. (PG) **8.30** Kings Cross ER. (M) **9.30** An Hour To Save Your Life. (M) **10.45** Embarrassing Bodies. (M) **11.45** Undateable. (M) **12.10** Forever. (M) **1.05** Sue Thomas: F.B.Eye. **2.00** Danoz. **2.30** Global Shop. **3.00** Extra. **3.30** GMA. **5.00** News. **5.30** Today.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** The Big Bang Theory. (PG) **8.30** Survivor: Kaôh Rōng. (PG) Return. **10.00** Movie: Epic Movie. (M) (2007) **11.45** South Beach Tow. (M) **12.15** GO Surround Sound. (M) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Rabbids. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers. (PG) **4.30** Yu-Gi-Oh! (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Good Times Are Killing Me. (M) (2009) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **8.00** Big Bang. (M) Penny and Sheldon clash over her hygiene. **8.30** Movie: Captain America: The Winter Soldier. (M) (2014) Chris Evans, Samuel L. Jackson. **11.30** Parks And Recreation. Return. **12.00** The Mole. (PG) **1.00** The Mole. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** The Woodlies. Final. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (M) **1.00** Medical Emergency. (PG) **1.30** RSPCA Animal Rescue. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. **6.30** Bargain Hunt. **7.30** Fawlty Towers. (PG) **8.15** Keeping Up Appearances. (PG) Hyacinth invites Elizabeth for tea. **8.45** Judge John Deed. (M) The parents of a comatose infant take their physician to court. **10.45** Suspects. (M) **11.45** Bargain Hunt. **12.45** Homes Under The Hammer. **1.45** Property Ladder. (PG) **2.45** Dealers. (PG) **3.45** Fawlty Towers. (PG) **4.30** Keeping Up Appearances. (PG) **5.00** Harry's Practice. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** Everyday Gourmet. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** I'm A Celebrity… Get Me Out Of Here! (PG) After three weeks, the celebrities' journey reaches an explosive conclusion with live evictions. **9.00** Law & Order: SVU. (M) Barba faces off against two hotshot lawyers in the murder trial of medical examiner Carl Rudnick. **10.00** Law & Order: SVU. (M) Johnny D is put on trial. **11.00** Blue Bloods. (M) **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** James Robison. (PG) **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Reel Action. **8.30** Operation Repo. (PG) **9.00** Epic Meal Empire. (PG) **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Biggest Loser USA. (PG) **2.00** Walker, Texas Ranger. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** World's Busiest. (PG) **8.30** Californication. (MA15+) **9.05** Movie: Tropic Thunder. (MA15+) (2008) Ben Stiller. **11.15** Man Seeking Woman. (M) **11.45** Operation Repo. (PG) **12.15** The Home Team. **12.45** Shopping. **2.15** Diagnosis Murder. (PG) **3.15** Bellator MMA. (M) **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** Australian Story. **10.30** Country Town Rescue. (PG) **11.00** Still Open All Hours. (PG) **11.30** Eggheads. **12.00** News. **1.00** Crownies. (M) **2.00** Antiques Roadshow. **3.00** Golf. Women's Australian Open. Round 1. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Hatch, Match And Dispatch. **8.30** Jack Irish. (M) **9.30** No Offence. (M) **10.15** Lateline. **10.45** The Business. **11.05** Changing Minds: The Inside Story. (M) **12.00** Comedy Up Late. (M) **12.30** Rage. (MA15+) **1.55** Press Club. **2.55** Golf. USPGA Tour. Pebble Beach Pro-Am. Highlights. **3.45** No Offence. (M) **4.35** Eggheads. **5.05** Kangaroo Mob. (PG)

ABC2

6.00 Children's Programs. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. **8.30** The Weekly. (M) **9.00** The Office. (M) **9.30** Extras. (M) **10.00** Buzzcocks. (M) **10.35** Jimmy Fallon. (M) **11.15** Inside Amy Schumer. (M) **11.35** Penn & Teller: Fool Us. (PG) **12.20** Live At The Apollo. (M) **1.10** Scrapheap Challenge. **2.00** Jimmy Fallon. (M) **2.40** News Update. **2.45** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Raising The Curtain. (M) **3.05** Bazaar. **3.35** The Men And The Machines That Beat Hitler. (PG) **4.35** Urban Secrets. (PG) Final. **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** Rachel Khoo's Kitchen Notebook: London. **8.00** Food Safari Fire. **8.30** The Family Law. (PG) Final. **9.00** Poh & Co. **9.30** The Bridge. (M) **10.35** SBS World News Late Edition. **11.05** Sex For Sale With Rupert Everett. (M) **12.05** Movie: With Heart And Soul. (MA15+) (2009) **2.30** Man Down. (M) **3.00** First Crossings. **3.50** Music For Elephants. (PG) **4.45** Swim. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Somali News. **4.00** The Feed. **4.30** Urban Freestyler. **4.40** Vs Arashi. **5.40** The Office. (PG) **6.05** The Office. (PG) **6.40** If You Are The One. **7.30** The Feed. **8.00** Gadget Man. **8.30** MythBusters. **9.30** Why I'm Not On Facebook. (M) **10.35** UEFA Champions League Highlights. **11.35** Legally Brown. (M) **12.05** The Feed. **12.35** Utopia. (MA15+) **1.35** Alarm For Cobra 11. (M) **2.30** Miniseries: Siren's Song. (MA15+) **3.25** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.20pm Godzilla (2014) Action. Bryan Cranston, Elizabeth Olsen, Aaron Taylor-Johnson. (M) *Action*

7.30pm Philadelphia (1993) Drama. Tom Hanks, Denzel Washington. (PG) *Masterpiece*

10.55pm How To Lose Friends And Alienate People (2008) Comedy. Simon Pegg, Kirsten Dunst. (M) *Comedy*

GENERAL

7.30pm Suits. (M) *Universal Channel*

8.15pm Cougar Town. (M) *SoHo*

9.00pm Tosh.0. (MA15+) *Comedy Channel*

DOCUMENTARY

6.30pm Peter Finch: Mad As Hell. (PG) *Foxtel Arts*

8.30pm What Could Possibly Go Wrong? (PG) *Discovery Science*

8.30pm Rebel Gold. (PG) *Discovery*

SPORT

5.00pm Golf. European PGA Tour. Malaysian Open. First round. *Fox Sports 1*

6.00pm Football. NAB Challenge. Hawthorn v Carlton. *Fox Footy*

8.00pm Tennis. WTA Tour. Highlights. *Fox Sports 2*

1802

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: Frozen River. (M) (2008) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ultimate Airport Dubai. **8.40** Movie: Catch Me If You Can. (PG) (2002) Leonardo DiCaprio, Tom Hanks, Christopher Walken. **11.30** Movie: Stolen. (M) (2012) Nicolas Cage. **1.20** Movie: Battlefield Earth. (M) (2000) **3.30** Extra. **4.00** Global Shop. **4.30** GMA.

GO!

6.00 Sooty. **6.30** PAW Patrol. **7.00** Yo-Kai Watch. (PG) **7.30** Move It. **8.00** Kitchen Whiz. **8.30** Wild Kratts. **9.00** Magical Tales. **9.30** Little Charmers. **10.00** SpongeBob. **10.30** PAW Patrol. **11.00** Yu-Gi-Oh! (PG) **11.30** Scooby-Doo! (PG) **12.00** Young Justice. (PG) **12.30** The Batman. (PG) **1.00** Sooty. **1.30** Yo-Kai Watch. (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Wild Kratts. **3.00** SpongeBob. **3.30** Rabbids. (PG) **4.00** Kids' WB. (PG) **4.05** Looney Tunes. (PG) **4.30** Young Justice. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Movie: Space Jam. (G) (1996) **7.40** Movie: Ace Ventura: When Nature Calls. (PG) (1995) **9.30** Movie: Zoolander. (M) (2001) **11.15** Two And A Half Men. (M) **11.45** Anger Management. (M) **12.15** The Cube. (PG) **1.15** GO Surround Sound. (PG) **1.30** Rabbids Invasion. (PG) **2.00** Wild Kratts. **2.30** The Batman. (PG) **3.00** Little Charmers. **3.30** Yu-Gi-Oh! Zexal. (PG) **4.00** Power Rangers Megaforce. (PG) **4.30** Yu-Gi-Oh! Arc-V. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Stolen Youth. (M) (1996) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. **8.30** Movie: Saving Mr Banks. (PG) (2013) Tom Hanks, Emma Thompson. An author travels to Hollywood after Walt Disney asks to adapt the character Mary Poppins for the big screen. **11.15** To Be Advised. **12.15** Revenge. (M) **1.15** Harry's Practice. **2.00** Shopping. **4.00** NBC Today.

7TWO

6.00 Shopping. **7.00** ZooMoo Lost. **7.30** Sally Bollywood. **8.00** Larry The Lawnmower. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Dr Oz. (PG) **1.00** Better Homes. **2.00** Australia's Best Houses. (PG) **2.30** Dealers. (PG) **3.30** Property Ladder. (PG) **4.30** 60 Minute Makeover. (PG) **5.30** Homes Under The Hammer. (PG) **6.30** Bargain Hunt. **7.30** The Border. (PG) Follows the officers who patrol the US-Mexico border. **8.30** Escape To The Country. Prospective buyers set out to find the perfect home for their families. **9.30** The House That 100K Built. Return. Kieran Long and Piers Taylor attempt to find innovative ideas to help Wajid and Anam build a three-storey home in Burnley, Lancashire. **10.45** Front Of House. **11.15** Best Houses Australia. **12.15** Bargain Hunt. **1.15** Homes Under The Hammer. (PG) **2.30** Property Ladder. (PG) **3.30** Dealers. (PG) **4.30** Escape To The Country. **5.30** Shopping.

TEN

6.00 Ent. Tonight. **6.30** The Home Team. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** The Home Team. **4.00** GCBC. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. Hosted by Grant Denyer. **6.30** The Project. Join the hosts for a look at the day's news, events and hot topics. **7.30** The Living Room. Amanda meets Tracy Bevan at the SCG. Miguel prepares one of Jamaica's favourite dishes. **8.30** The Graham Norton Show. (M) Celebrity guests include Tina Fey, Quentin Tarantino and Kurt Russell. **9.30** To Be Advised. **11.30** The Project. A look at the day's news. **12.30** The Late Show With Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Shopping. **8.00** What's Up! Downunder. **8.30** Operation Repo. (PG) **9.00** Monster Jam. **10.00** M*A*S*H. (PG) **11.00** Hogan's Heroes. **12.00** The Biggest Loser USA. **2.00** Walker, Texas Ranger. (PG) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. **6.00** Family Feud. **6.30** M*A*S*H. (PG) **7.30** Cops. (PG) **8.30** 48 Hours. (M) **9.30** Movie: Commando. (1985) Arnold Schwarzenegger, Rae Dawn Chong. **11.30** Operation Repo. (PG) **12.00** The Home Team. **12.30** Shopping. **2.00** Diagnosis Murder. (PG) **3.00** Cops. (PG) **4.00** M*A*S*H. (PG) **5.00** Adventure Angler. **5.30** Whacked Out Sports. (PG)

ABC

6.00 News. **8.00** ABC News. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Hello Birdy. (PG) **11.30** Eggheads. **12.00** News. **1.00** Crownies. (M) **2.00** Antiques Roadshow. **3.00** Golf. Women's Australian Open. Round 2. **6.00** Antiques Roadshow. **7.00** News. **7.30** 7.30. **8.00** Griff's Great Britain. (PG) **8.30** The Doctor Blake Mysteries. (M) **9.30** Silent Witness. (M) **10.30** Lateline. **11.05** The Business. **11.20** It's A Date. (M) **11.50** Rage. (MA15+) **5.00** Rage. (PG)

ABC2

6.00 Children's Programs. **1.25** LazyTown. **1.50** Messy Goes To Okido. **2.05** Mike The Knight. **2.20** Q Pootle 5. **2.30** Let's Go Pocoyo. **2.40** Dinosaur Train. **3.10** dirtgirlworld. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Little Princess. **4.25** Mister Maker. **4.45** The Furchester Hotel. **5.00** Curious George. **5.25** Sarah And Duck. **5.35** Hey Duggee. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Charlie And Lola. **6.15** Peter Rabbit. **6.25** Octonauts. **6.40** Ben And Holly. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Doctor Who. (PG) **8.15** Doctor Who: Confidential. (PG) **8.30** Meet The Young Americans. (M) **9.25** Her Majesty's Prison. (M) **10.10** Jimmy Fallon. (PG) **10.55** Escape From The Secret Sect. (M) **11.40** My Mum Is Obsessed. (PG) **12.30** Meet The Young Americans. (M) **1.25** Doctor Who. (PG) **2.10** News Update. **2.15** Close. **5.00** Driver Dan's Story Train. **5.10** Abney & Teal. **5.25** Tilly And Friends. **5.35** Ella The Elephant. **5.50** Children's Programs.

SBS

6.00 WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Bone, Wind And Fire. (PG) **2.35** Colour Theory. (PG) **3.05** Island Feast. **3.35** Heston's Mission Impossible. (M) Final. **4.30** Who Do You Think You Are? **5.30** Letters And Numbers. **6.00** Poh's Kitchen. **6.30** SBS World News. **7.30** MythBusters. (PG) **8.30** Neil Oliver: Sacred Wonders Of Britain. **9.30** Movie: Man Of Tai Chi. (M) (2013) **11.25** The Late Feed. **11.55** Movie: Swimming Pool. (MA15+) (2003) **1.45** Shameless. (MA15+) **2.40** Shameless. (MA15+) **3.35** Shameless. (MA15+) **4.30** A Cautionary Tail. **4.50** Seven Minutes In The Warsaw Ghetto. (PG) **5.00** CCTV English News. **5.30** NHK World English News.

SBS TWO

6.00 WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Dara Ó Briain: School Of Hard Sums. (PG) **5.25** Urban Freestyler. **5.30** House Hazards. (PG) **6.00** None Of The Above. **6.25** Soccer. A-League. Round 20. Melbourne Victory v Adelaide United. **9.00** MythBusters. (PG) **10.00** Vikings. (M) **10.55** Vikings. (MA15+) **11.45** Vikings. (MA15+) **12.35** Vikings. (MA15+) **1.30** Vikings. (M) **2.20** PopAsia. (PG) **4.25** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.

AUSTAR.

MOVIES

5.00pm Inherent Vice (2014) Drama. Joaquin Phoenix, Josh Brolin. (MA15+) *Masterpiece*

6.30pm The Lego Movie (2014) Animation. Chris Pratt, Will Arnett. (PG) *Family*

9.25pm Fifty Shades Of Grey (2015) Romance. Dakota Johnson, Jamie Dornan. (MA15+) *Romance*

GENERAL

7.30pm Sons Of Anarchy. (MA15+) *FX*

7.30pm In Love With Barbara. (M) *SoHo*

8.30pm Top Chef. (M) *Arena*

DOCUMENTARY

7.30pm Inside The Tower Of London. (PG) *History*

8.30pm Restoration Home. *Lifestyle*

9.30pm Death Row: Inside Indiana State Prison. (M) *Crime & Investigation*

SPORT

5.00pm Golf. European PGA Tour. Malaysian Open. Second round. *Fox Sports 1*

6.30pm Basketball. NBL. Semi-finals. Game 2. *Fox Sports 3*

6.30pm Soccer. A-League. Round 20. Melbourne Victory v Adelaide United. *Fox Sports 4*

1902

Classifications: (P) Preschoolers **(C)** Children **(G)** General **(PG)** Parental Guidance **(M)** Mature Audiences **(MA15+)** Mature Audiences Only **(AV15+)** Extreme Adult Violence. **Please note:** Listings are correct at the time of print and are subject to change by networks.

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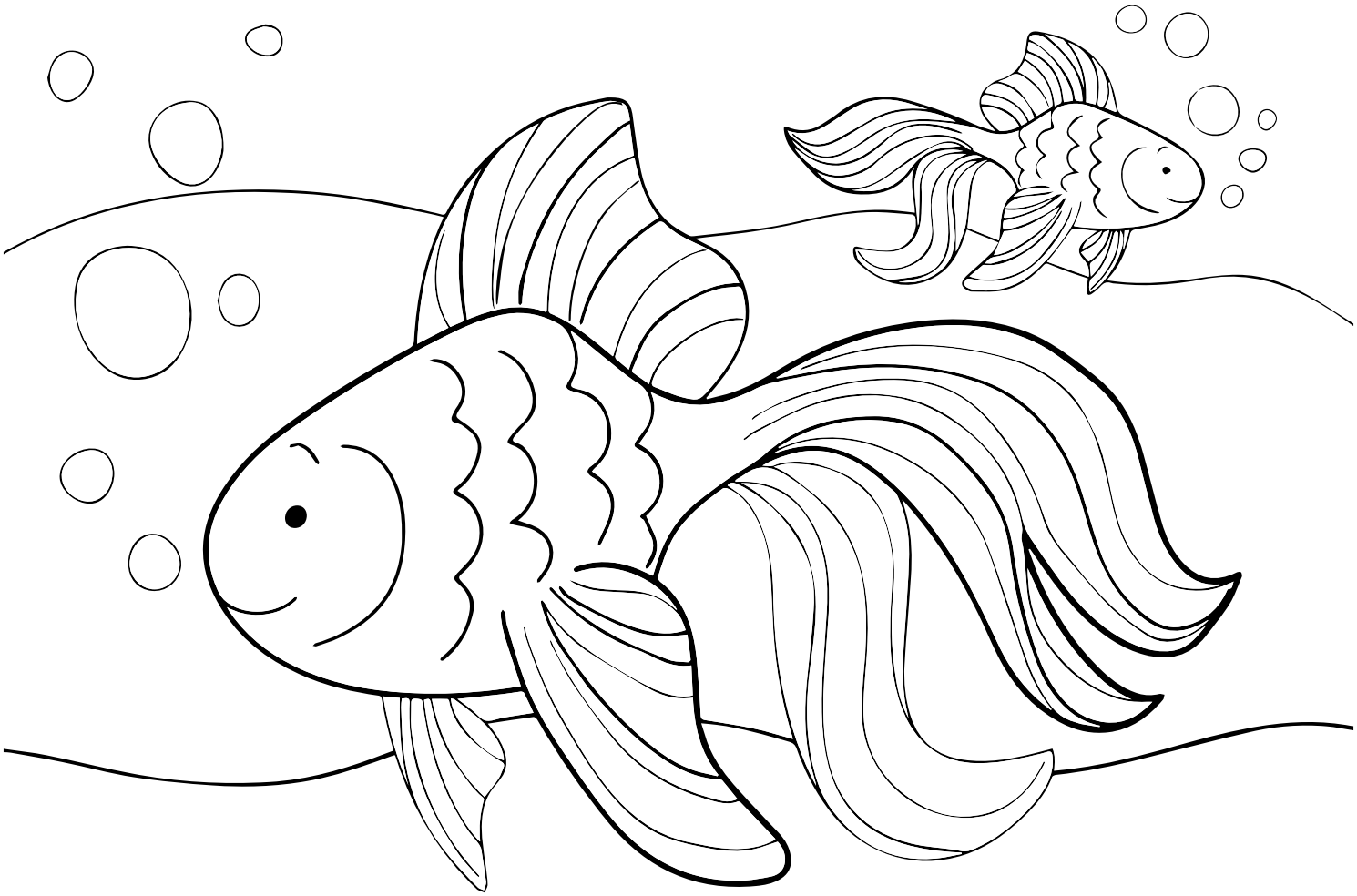
Colouring in for Kids



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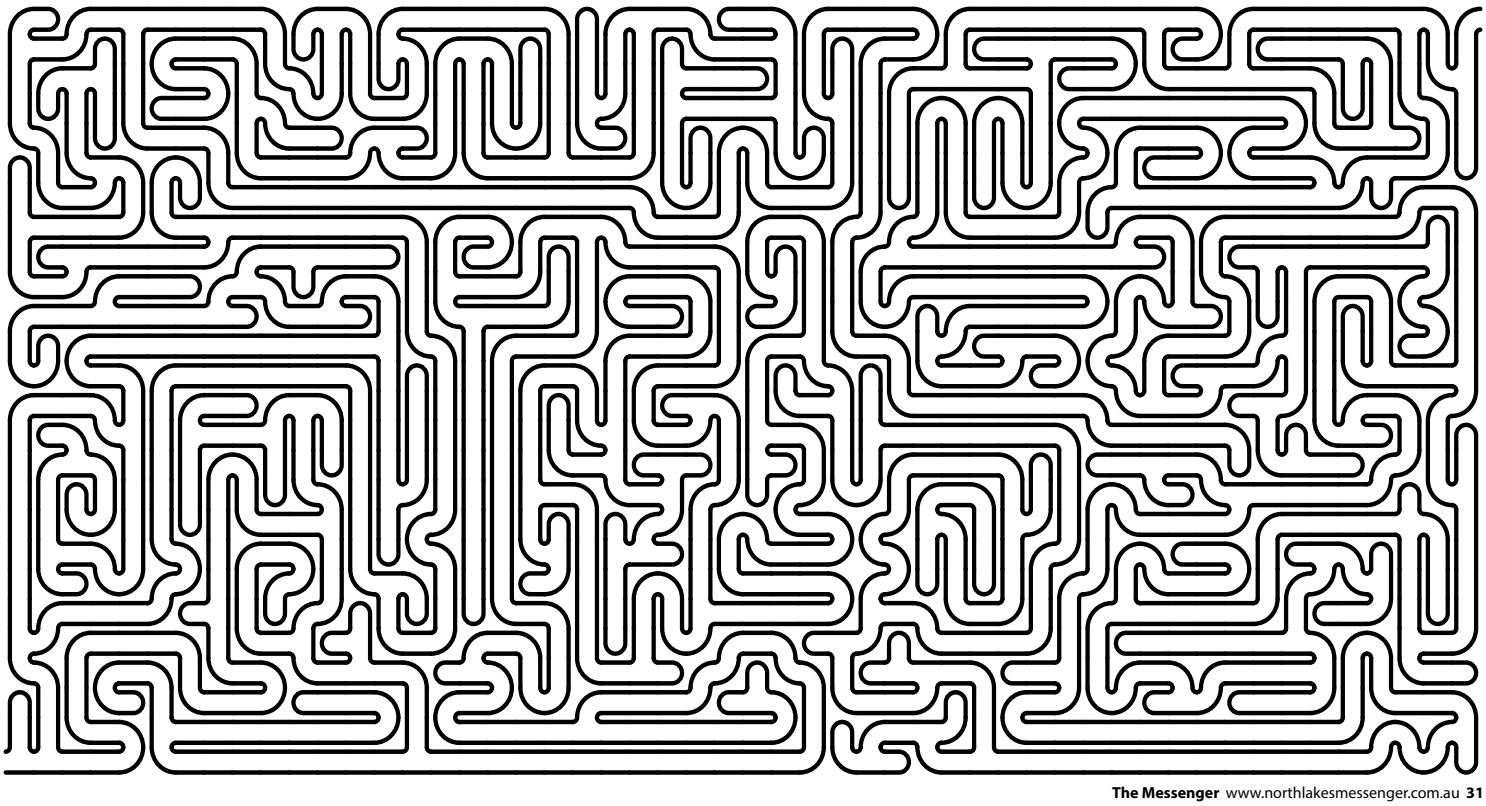

RENOVATION ADVICE

With Jane Eyles-Bennett of Hotspace Consultants, a North Lakes based Interior Designer & Renovation Consultant with over 22 years experience.

Planning to renovate but need advice? Send a good quality photo and your question to: jane@hotspaceconsultantscom

Melissa from North Lakes asks: "What are your 'go to' paint colours for inside a house? I'm trying to decide on which white to go for, but there are thousands. Help!"

Jane says: You're right that there are thousands of different variations on white and it can get very confusing trying to choose just one.

There are the common choices which non-designers often opt for and these are colours like Dulux, Hog Bristle or Whisper White. As a designer I have to admit that I never choose these so-called popular colours; mainly out of principle. Why go with the herd when there are so many other wonderful colours to choose from.

The main thing to remember about any colour is that it will be either a warm tone or a cool tone. Whatever it looks like on the colour swatch, multiply that tone by 5 and that is the effect you'll get on the wall.

You might think that grey would be a cool tone, but you can also get a warm toned grey as well. This goes for other colours too.

When selecting a wall paint colour for a client, I always firstly consider the surrounding surfaces. For instance; the floors, the kitchen cabinetry and bench-top, the bathroom finishes/tiles etc. Will these all remain as existing or are these changing too?

You may have a blank slate because you're completely renovating your home (lucky you!) or you might just be updating a few things here and there. Regardless of how much you're changing be sure to consider the adjacent colours to your painted walls.

If you have warm colours, try to stick with warm colours. If you have cool colours, try to stick with cool colours. Colours always look lighter when painted on a wall than what you see on the tiny colour swatch you're expected to select from. This is why so many people get it wrong.

My go-to wall colours of the moment are Dulux McGinley (just gorgeous!), Taubmans Grey Mist and Resene Merino (an oldy but a goody!).

But don't rush out and buy pots and pots of one of these colours without considering the rest of your home – as it will be once the painting is done. What colour are the floors? What colours and finishes is your kitchen? What about the bathroom? You also have window dressings (curtains, blinds etc) and your existing furniture/ accessories to consider.

Before committing to your chosen colour, buy a test pot and paint a few walls so you can see how the light in your home affects it. You might be surprised how different it looks in reality!

Jane Eyles-Bennett is the owner of Hotspace Consultants, a local award-winning design and renovation consulting company.
For appointments contact: **Phone:** 0411 705 556 **Email:** jane@hotspaceconsultants.com **Web:** www.hotspaceconsultants.com

Planning to renovate but need advice? Send a good quality photo and your question to: jane@hotspaceconsultantscom

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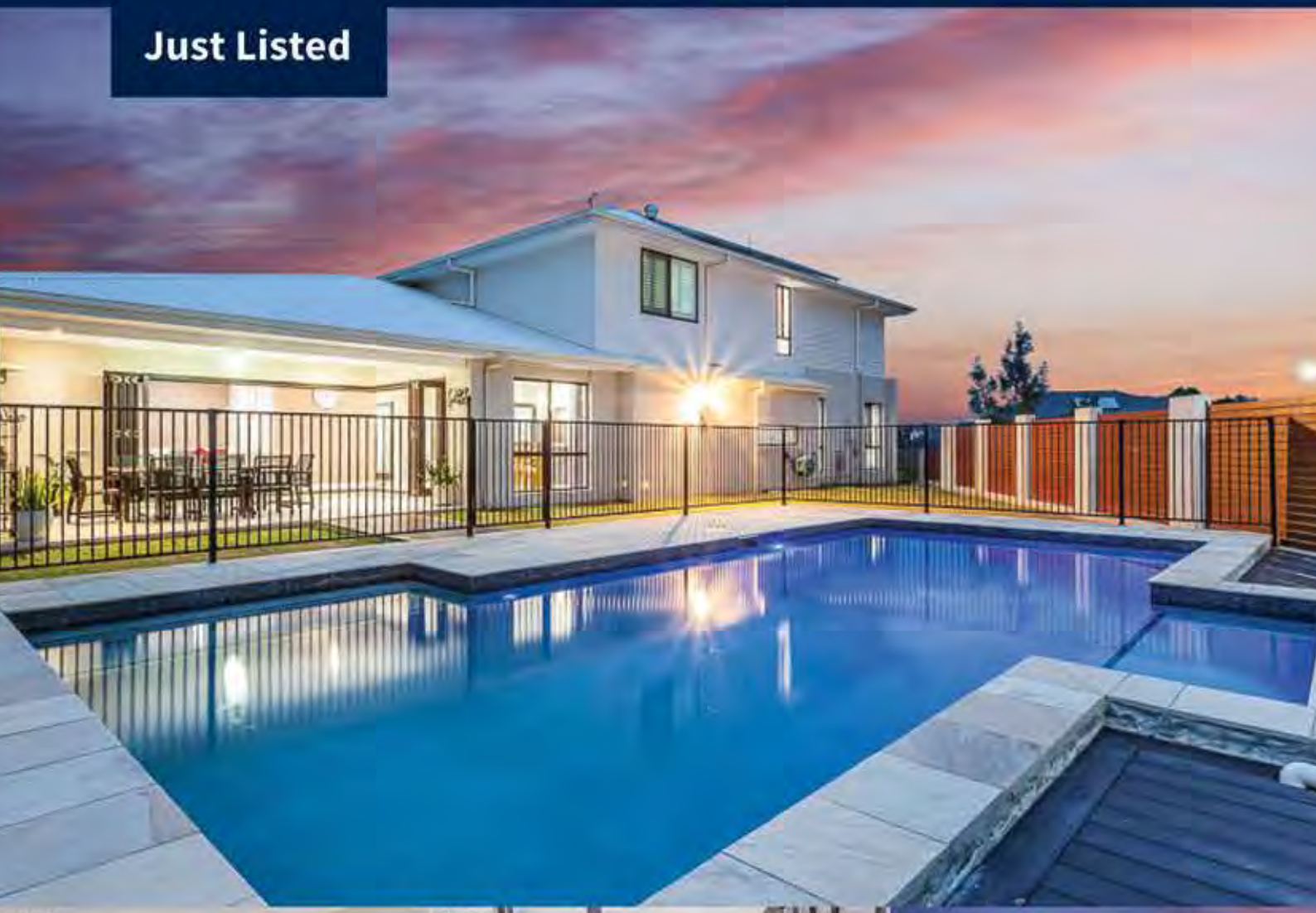

North Lakes 32 Paterson Street

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Auction
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Saturday 13th February 10:00-10:45am

Helen Denne
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3/13 Discovery Drive North Lakes
3482 3501 / 3491 9153
raywhitenorthlakesqld.com.au
raywhitemangohill.com.au

Ray White North Lakes / Mango Hill

Mango Hill 4 Quoll Circuit 4 2 2

SOLD by Darren Suhle!

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Darren Suhle
0400 197 529

Ray White North Lakes / Mango Hill

North Lakes 11 Moonie Crescent 3 2 1

SOLD by Darren Suhle!

Thinking of Selling?
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0400 197 529

Ray White North Lakes / Mango Hill

Ray White.

North Lakes 43 Kurrajong Circuit **$389,000**

3 2 1

Tony & Nadine Wilkie- 0406 861 210
tony.wilkie@raywhite.com

Ray White North Lakes/ Mango Hill

North Lakes 40 Grebe Circuit **$729,000+**

5 3 2

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tony.wilkie@raywhite.com

Ray White North Lakes/ Mango Hill

North Lakes 1 Appleby Close 4 2 2

SOLD by Team Wilkie!

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Tony & Nadine Wilkie
0406 861 210

Ray White North Lakes / Mango Hill

Mango Hill 12 Zircon Place 3 2 1

SOLD by Vijay Kumar!

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0477 199 210

Ray White North Lakes / Mango Hill

North Lakes 18 Standish Street 4 2 2

SOLD by Vijay Kumar!

Thinking of Selling?
Vijay Kumar
0477 199 210

Ray White North Lakes / Mango Hill

Ray White.

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SOLD by Zac Moss!

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North Lakes 91 Sears Parade 5 3 6

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Ray White North Lakes / Mango Hill

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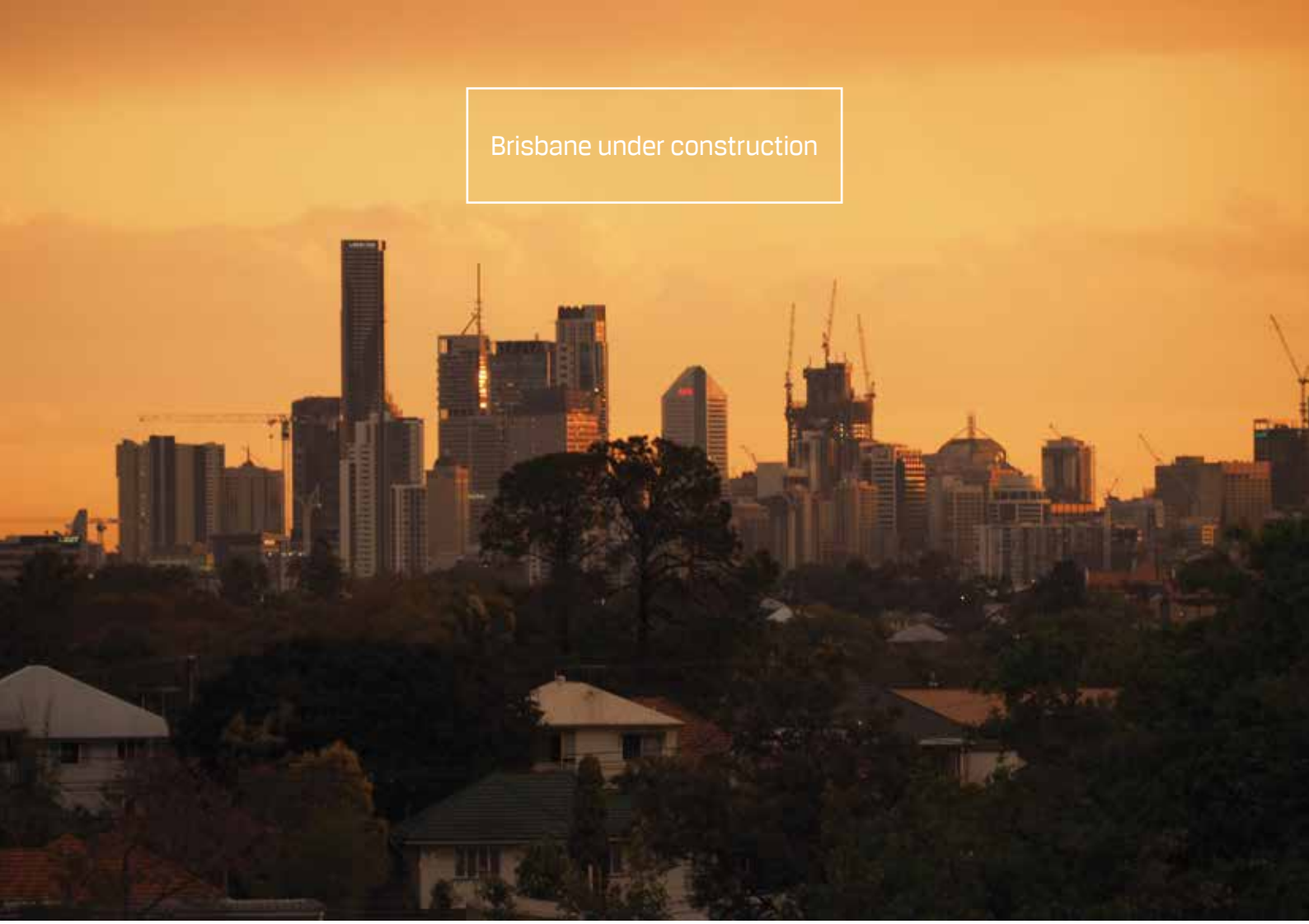
16160/0216



Jason's story - targets safety on Queensland construction sites

A new workplace safety film takes a confrontingly honest look into the heartache of a preventable workplace incident

Industrial Relations Minister Grace Grace today released a new work safety film targeting young workers and their employers in a bid to cut deaths and injuries on construction sites.

The film covers the tragic electrocution of 20 year old Jason Garrels on a construction site in Clermont in Central Queensland in 2012. Jason had been working on the site for just nine days at the time of his death.

"Jason's story takes a confronting, very honest look into the heartache of losing a son and a mate in a workplace incident," Ms Grace said.

"Sadly, it also shows that the tragedy could easily have been avoided and how it has impacted on the lives of his family, friends and colleagues.

"Young people need extra supervision and assistance when they start a new job, because they are inexperienced and often don't feel comfortable speaking up about safety issues.

"We want this film to encourage all workers, including young workers, to speak up if they think something is not right."

Ms Grace said there were 16,000 workers aged 15-24 in the Queensland construction industry alone.

"Each year on average, about 600 of them will suffer a serious work-related injury," she said.

"Tragically, some young will lose their life in incidents that could easily have been avoided.

"That's why it's so important to provide appropriate levels of supervision and supportive mentoring for young workers in any industry."

Ms Grace said providing better support to injured workers, or if needs be their surviving family members, was a priority for the Palaszczuk Government.

"We are working to establish a consultative committee to Government with a group of parents and partners of people who have died while doing their job," she said.

"This is about giving these families the support they need in tragic circumstances.
"But far better that nobody has to go through this heartache in the first place, so we are also working with the construction industry to prevent injuries and fatalities.

"This means targeting site supervisors and managers, as they are best placed to influence the development of positive safety attitudes and behaviours in young workers.

"Senior workers have a vital role to play in improving the effectiveness and quality of inductions, training, supervision, feedback and mentoring.

"In Jason's case, there were serious shortcomings in these areas.

"That's why his film urges everyone on a worksite to talk more about safety, tackle safety issues head on, and work together to ensure no more sons or mates lose their lives while just trying to do their jobs."

Jason's story can be watched at worksafe.qld.gov.au.

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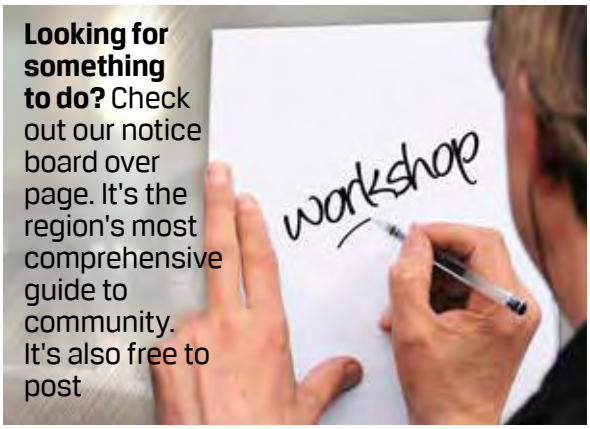
Sudoku

	9	3		5	2		6	
					3		5	
7				8	4			9
							9	4
8			1	4	9			5
5	4							
9			5	6				7
	7		4					
	8		2	9		5	1	



Looking for something to do? Check out our notice board over page. It's the region's most comprehensive guide to community. It's also free to post

Last week's Brain Teaser Solution

What disappears the moment you say its name?
Answer: silence

***The end of our Brain Teasers**
Sorry folks, we know many of you love our weekly Brain Teasers but after four years of them we've reached the end of what we can use. In fact, the one above is a repeat. From next week we will put something else here. For the time being it won't be an activity but if you've got a suggestion for what should replace Brain Teasers, please let our editor know via: **editor@northlakesmessenger.com.au**

Crossword Solution from last issue

S	E	N	I	O	R	■	■	E	M	B	A	S	S	Y
U	■	E	■	V	■	S	■	R	■	A	■	A	■	E
P	R	E	S	E	N	T	E	R	■	L	Y	C	R	A
P	■	D	■	R	■	A	■	A	■	S	■	R	■	R
O	A	S	I	S	■	B	A	T	T	A	L	I	O	N
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R	■	P	■	M	■	I	■	U	■	L	■	S	■	N
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S	■	R	■	E	■	T	■	E	■	N	■	G	■	E
T	H	E	A	T	R	E	■	■	A	G	R	E	E	D

Crossword 6428

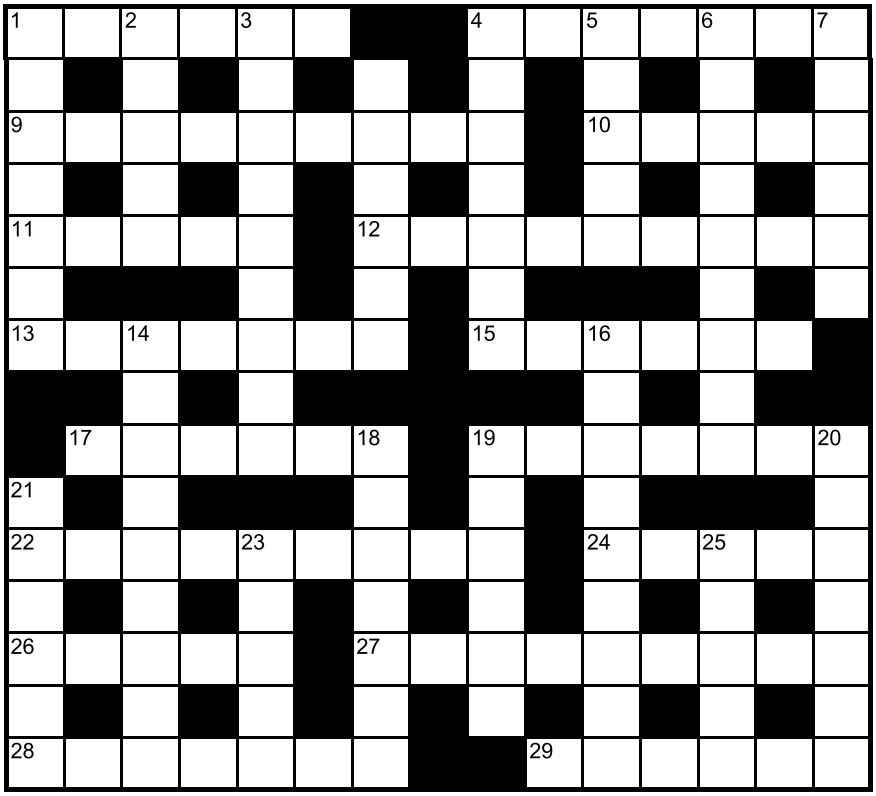
Kindly provided by person of interest - Laurie Stibbe

ACROSS

1 Furcate
4 Air current
9 Robotic
10 Current period of daylight
11 Australian arboreal marsupial
12 Awake and aware
13 Day between Mon. and Wed.
15 Comfort, cause to feel better
17 Edict
19 Eat immodestly
22 Music played with improvisation
24 Period between dusk and dawn
26 Elevate
27 Enters into consciousness
28 Single-piece telephone
29 Models of excellence

DOWN

1 Bed covering
2 Natural bone cavity
3 Commissioned naval officer
4 Pours out
5 Ludicrous act of amusement
6 Female legal guardian
7 Flower cluster of a lilac
8 Mucilaginous
14 Immunity from obligation
16 Methodical and efficient
18 Passage from literary work
19 Sufficient for the purpose
20 Dilation of a hollow organ
21 Become superficially burned
23 Contents of cognition
25 Actress *** Garbo



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Handy Hints
Add baking soda to the water when hard boiling eggs and the shell will come right off.
To get your Handy Hint into The Messenger, just send a short (50 words or less, includes title) description to adz@northlakesmessenger.com.au
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A free service provided by the Messenger for community, social and non-profit organisations

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community@northlakesmessenger.com.au

- Maximum of 60 words per submission
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- To guarantee placement for the following week, please make your submission by Thursday prior
- Your submission will run ongoing until you notify us otherwise

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A.I.R. Moreton Bay Region Branch The Association of Independent Retirees (AIR) Limited meets on the 3rd Monday of each month (except December) at the Redcliffe Public Library meeting rooms commencing at 12.30pm. Visitors are welcome. AIR provides members with information to help plan their retirement and undertakes advocacy on the many issues confronting retirees. Contact 3142 2506 Website www.independentretirees.com.au

Al-ANON. If someone you love, or are dependant on has a drinking problem and you can see what it is doing to them; if you're also concerned how it's affecting you. We can help. Al-Anon Family group meets Tuesdays at 12.30 at the Church of Christ Church on Ashmole Road, Redcliffe. For futher information phone 1300252666

ALCOHOLICS ANONYMOUS. If you want to drink thats your business If you want to stop we can help. alcoholics anonymous holds meetings everyday in the mortenbay area in the following suburbs,caboolture,bribe Island,deceptionbay,redcliffe,margate,clontarf,woodypoint please phone 1300222222 or go to aa.org.au

ALL ABOUT LIVING is an aged care service provider that is looking for volunteers to assist with transport, administration, activity groups and projects. If you are interested in helping our participants please contact Kathy on 07 3269 1915, or see our website www.allaboutliving.com.au - We promote Choice, Support and Connection

A.L.P. To all ALP members in North Lakes & Mango Hill. The local branch of the Australian Labor Party meets the 1st Wednesday of every month at 'The Space' North Lakes cnr of Endeavour Blvd and Lakefield Drive. For more information contact Mick 0422 434 562 or Judi 0407 958 610 or Email alp.murrumba.east@gmail.com

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ANGLICAN CHURCH OF NORTH LAKES You are invited to worship with us this Sunday at either of our services. Communion is celebrated at our 8am Traditional service each week or on the 1st Sunday of each month at our 10am Contemporary service. All services are held in the Performing Arts Centre of North Lakes State College on Joyner Circuit. For further info, call Fr Dan on 0403 977 512 or visit our website at www.thelakesanglican.org.au

ANNE'S SOCIAL CIRCLE. Looking to welcome new members. We are a group of Single Men, Women and Couples from all walks of life. We get involved in a diverse range of activities, including Live bands, Tribute shows, lots of dancing, Live Theatre, Restaurants and trips planned for the future. A wine tasting coming up. The more the merrier, a non clicky group of fun people. Don't sit at home go out and have fun. For more information call Anne on 3880 1088.

BAHA'I FAITH of Moreton Bay Region openly invites enquiries of Belief Principles, Children's Classes, General Information, Holy Day Events, Holy Script Study Groups, Internet Sites, Library Books, Pamphlets, Social Gatherings, School Religious Classes, Youth and Pre-Youth Activities and more. "The world is but one country and mankind its citizens". Baha'u'llah Phone: 07 38861567 Email: Moreton Bay LSA [mbrlsa.sec@gmail.com] Web: www.bahai.org.au or www.moretonbaybahais.org

BLUE DENIM COUNTRY MUSIC CLUB Progress Hall, 34 Cornelius Street, Clontarf. Socials 4th Sunday of each month. Contact Julie 3889 3179 or Lesley 3284 1083. All welcome. Entry is $6.00. Social commences 12:30pm. See Facebook for other details.

BOOM YOUTH A High School Youth Program in North Lakes (the Space) @ Kallangur (Kallangur State School). 7-9pm For more information, please call 0413 905 336.

Brendale Evening VIEW Club meet for dinner on the third Tuesday of the month at Wantima Country Club, (Golf Club) 530 South Pine Road, Brendale. We enjoy a two course meal, a guest speaker, raffles and lucky door prize. We raise funds for the children's charity The Smith Family and support students through their education. Ladies come meet new friends. Visitors and new members welcome. Phone Trish on 3264 2213

BRIDGE PLAYERS, We have a small club at North lakes library level No1 meeting Monday and Friday mornings at 9.30 till approx. 12.30. come along or ring Ken Hooper on 32045636.

BRIDGE Redcliffe Bridge Club plays most days of the week. Players of all levels are welcome. Lessons held every six months. Morning and afternoon sessions. If interested please contact Richard on 3882 5970.

BUNYA TOASTMASTERS CLUB invites visitors to meetings on 1st, 3rd & 5th Wednesdays of every month at Aspley Hornets AFL Club. Learn public speaking and leadership skills while networking with enthusiastic locals. Starts 6:45pm until 9:30pm. Contact Trinh 0434 115 259 or email: trinh7077@gmail.com. Drop by on your way home and join the fun! It's FREE!

BUSH POETRY, NORTH PINE We meet 1st and 3rd Sundays 9am until noon at The Distillery North Pine Hotel Old Petrie Town Dayboro Rd Petrie. All welcome. Perform or listen, have your work read, Closet Poets set yourself free in a friendly nurturing environment. C'mon dip your toes in the water. Contact Mary on 07 5495 5110 or front up and make yourself known to the MC. Change your Life for the better, take the first step.

CABOOLTURE FAMILY HISTORY Research Group provides one hour of FREE assisted local, Australian and overseas research is available at Caboolture Family History Research Group Inc, located at Caboolture Historical Village, Beerburrum Road on Monday, Wednesday, Friday and Saturday between 9.30am - 2.00pm. (No entry fee to village for CFHRG research) Tel (07) 54282018 or email us at cfhrg55@bigpond.com.

CATHOLIC MASSES ON REDCLIFFE PENINSULA. Everyone is welcome to join any of our regular Masses. These are held at the Holy Cross Church, Anzac Ave, Kippa-Ring, at 6pm Saturday (Vigil); 9am Sunday; and 5pm Sunday. Mass is held at Mary Queen of Peace Church, Victoria Ave, Woody Point at 7.30am Sunday. Weekday masses are also held. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com or phone 3293 0800.

CATHOLIC NEWS IN NORTH LAKES AND MANGO HILL. Everyone is welcome to our Sunday Mass at 9.30 am in St Benedict's School, Capestone Blvd (off Anzac Ave) Mango Hill. We have a very active youth group. We also hold a Friday weekday mass at St Benedict's School at 9.00am except for the first Friday of each month. See details in the Parish Newsletter at our website, www.redcliffecatholicparish.com

THE CENTRAL LIONESS CLUB Lioness Club Redcliffe. Meet new friends & provide community services for your local area. We meet on the 2nd & 4th Monday at 6.30pm at Woody Pt Hall, Redcliffe. Contact Gill Bust 32842025 & Liz Alcock 3284 9415.

CHRISTADELPHIANS OF REDCLIFFE - 6 Irene Street. Redcliffe.Find out what the Bible really teaches. Addresses held each Sunday evening at 7pm, - 2pm on the first Sunday of each month. Join us on the left side of the Redcliffe jetty, last Saturday of each month, 10:30am. All our activities are totally free, no collections, all your questions will be truthfully answered. E-mail redcliffeges@optusnet.com.au for further information.

CHRISTIAN GROW GROUP meets at Deception Bay Baptist Church, Cnr. Silver Street and Maine Terrace, Deception Bay, each Tuesday morning at 9.30 am. Our group welcomes anyone battling a mental health problem. We use Grow's long tried and tested 12 Step Program with practical steps and peer support to aid in recovery of mental health. For more details, phone Malcolm on 3888 0594.

CLASSICALLY TRAINED VOCALISTS wanted to start a group of 3-4 females aged between 25-40. Classical crossover e.g. Celtic women, Katherine Jenkins, Sarah Brightman, and traditional classical repertoire. Email Rebecca, at classical_music_girl1@yahoo.com.au

CONSUMER ADVOCACY For patients who have endured/enduring difficulty with current illness/disability or treatments. Jodie from Jodiesjourney.com can assist patients with free assistance and advice, particularly in the area of how to get the most out of the medical system and the best consumer outcomes. Jodie also speaks at functions and has a team of consumer consultants who can help anyone using the healthcare system at consumerconsultation.com - contact at jodie@jodiesjourney.com

CROSSWAYS SOCIAL GROUP FOR DISABLED ADULTS meets every 1st & 3rd Thursday of the Month from 7.00- 8.30PM at Redcliffe Uniting Church hall, 1 Richens St Redcliffe. Cost $2.00 & bus pick up a extra $1.00. Phone 3284 6451 for further information.

DECEPTION BAY GEM & ALLIED CRAFT CLUB every Monday Wednesday Saturday 9am to 12 noon at 52 Old Bay Road Deception Bay (opp. Deception Bay North State School). Learn how to cut & polish stones(cabochons) faceting, silverwork and more. Secretary 0414488560. Come and enjoy learning all aspects of jewellery making at our friendly club.

DECEPTION BAY SEVENTHDAY ADVENTIST'S meet every Saturday at Deception Bay Prima ry School Music Hall Corner of King Street & Beauford place at 9:30 am for bible study and 11:am worship service. Everyone most welcome. Contact Humberto 0738865818 for further information.

DECEPTION BAY SPIRITUAL CENTRE Every Sunday from 2.30 until 5.30pm for Meditation, Healing and Service. We also sell Crystal Gemstones at a very reasonable cost. All enquires contact Rev Carol Bloor 0418 592 412.

DISCOVERY BAPTIST CHURCH, North Lakes, is a Christian Church committed to knowing God deeply and making a difference in our community of North Lakes. We'd love for you to join us for Sunday worship and God's Gems (Sunday School) at 9.30 am at The Space – corner of Lakefield Drive and Endeavour Boulevard, North Lakes. For other information and activities please visit our website at: www.discoverybaptist.com.au or contact Pastor Phil Smith: 0430811967.

DOLLSHOUSE EXTRAVAGANZA is a 2 day display of doll houses and scale miniature items that will be on at the Strathpine Community Centre on the 27th and 28th February 2016. There will be traders will items for sale from across Australia & New Zealand. The show opens at 10 am and closes at 3.30 pm each day.

EILDON CROQUET CLUB is an enjoyable club to join and play croquet. We play 4 forms of croquet, ricochet, golf, association and gateball. We play Monday ,9:30, Tuesday 8:30, Wed 9:30 Friday, 3:30 and Saturday 8:30. This is a game that all ages can enjoy. We have 3 members of the gateball team who are children and they play very well with the adults, hence a great family game. You are most welcome to phone 3203 7262 or 3283 2924 and arrange to come along.

FLORAL ART. Peninsula Floral Art Group welcome visitors and new members to join them each month to have fun with flowers. We are a small group who enjoy both each others' company and learning the skills of flower arranging. Our meetings are at The Hub Old Fire Station Oxley Avenue Redcliffe on the 2nd Tuesday each month (February to November) 9.30am morning tea 10.00am workshop and meeting. Enquiries Pat Spillman Secretary Ph 32845795 Email pfag-redcliffe@hotmail.com.

FOOD SUPPORT. Do you need some Food Support? Struggling to put food on the table? Please contact the Life Community Care office to receive a box of food on 07 3482 3005.

FREE CONVERSATIONAL ENGLISH LESSONS Thursday Morning 9.30 – 11am or Tuesday Evening 7 – 8.30pm . All ages. In Deception Bay, crn Maine tce & Water st. Phone: Susan 04496 63421

FRIENDLY SOCIAL TABLE TENNIS club. We are a group of 50 and overs (men and women) that will welcome new members. We play every Monday from 8am untill 12 noon at Redcliffe Senior Citenzens hall, Oxley Avenue (next to the old fire station) cost is minimal including morning tea. come along or contact Pat 3880 1210 or pedwards1948@bigpond.com

GRANDPARENTS SUPPORT GROUP (GAGS) A support group for grandparents who raise their grandchildren full-time. We cover all of the Moreton Bay area. We are only a phone call away for a chat, advise. The group meets on the first Wednesday of each month (except sch holidays) in a conference room next to the Caboolture Library known as The Hub. For information phone Lynn Fielding 0407251274.

GROUP OUTDOOR FITNESS North Lakes This isn't a business it's just a small group M/F aged between 20ish and 50ish who get together twice a week in the park in Little Burke Street at North Lakes to train, Tuesday and Thursday from 6.30pm sessions go for about an hour, join us and get great encouragement and help, For more information and questions answered call or txt Bryan on 0428337525

HER INSTINCT CLUB @ North Lakes If you love sharing your talent, passion and life in food, writings, music, photography and art etc, meet us at the new club. Create and collaborate on projects that you enjoy and we may publish them on our not-for-profit website. Or simply brainstorm your next big idea with like-minded members at our gatherings. Dreamers, amateurs and professionals welcome. Men/women. Email chrisoer@gmail.com to find out more

JETTY ARCADE FREE CONCERT Redcliffe Surfside Country Variety second Sunday each month from 9.30a.m.with ROD BRANDT & his BOUNDARY RIDERS and selected guest artists. Contact Rod & Colleen on 3885 4347 further details.

JP BOOTH Deception Bay shopping centre 9-12 Mon-Fri 9-1 Sat

JUSTICE OF THE PEACE SERVICE Run by volunteers, a Justice of the Peace Service is available at Westfield North Lakes Monday – Friday 10.30 am -2.30 pm, Thursday Night 6.30 – 8 pm. Saturdays 9.30am – 12 midday. Call Westfield Centre Management 3491 9072 or emergencies only Dept of Justice Brisbane 1300 301 147.

KALLANGUR INDOOR BOWLS Monday Afternoons from 1pm-4pm Kallangur Community Centre, Next to the Library on Anzac Avenue, Kallangur Cost: Only $4 which includes tea, coffee and biscuits. Come along and enjoy an afternoon of fun. Join a friendly group who will welcome all new members. Beginners very welcome. For more information please contact Wyn Carlton on 07 3886 2779

KALLANGUR MEMORIAL BOWLS CLUB Wednesday Men's Pairs 12.30 pm. Thursday Ladies/Mixed 9.30 am. Saturday Open Social 12.30 pm. Large airconditioned function room, private bar facilities and catering available. Friday night meals at very reasonable prices. Greens available for barefoot bowls for individual or corporate groups. Telephone 3285 2267 email: kallangurbowls@gmail.com for more information.

KALLANGUR, the Pine Rivers Senior Citizens Club Inc. welcomes you to join us for indoor bowls,sq dancing every Tuesday,concerts 2nd Wednesday of month,bus trips 3rd Wednesday,and bingo last Wednesday of each month. Venue is the community hall 1480 Anzac avenue(opp Red Rooster) for further info please Fred on 32054024 or email prscc2@gmail.Com.

KALLANGUR OVER 50'S SOCIAL CLUB - NEW DAY If you are interested in meeting new friends and playing affordable bingo, then come along to North Leagues Services Club on Tuesday mornings at 9.30 a.m. Enjoy a cuppa with friends. Other club activities include raffles, playing cards and monthly bus trips. Special occasions also celebrated throughout the year. Membership only $ 5-00. Please contact Gailene 3285 3905 or email ng.parnell@gmail.com for more details.

KOALA & WILDLIFE RESCUE PINE RIVERS is a local community organisation that has been in operation for over 19 years. We can be contacted 24/7 for ALL wildlife on 0401 350 799. We meet at Pendicup Place 365 Samsonvale Rd Warner at 7pm on the 4th Thursday of each month all welcome. We are always looking for rescuers & new members. All enquiries please phone 0401 350 799.

KSP Theatre Inc: is an amateur, not for profit, theatre group celebrating our 30th year. Cnr Old Bay Rd and Maitland Rd Burpengary. We welcome new members of all ages who are interested in any aspect of live theatre. Five productions per year: pantomimes, comedies, theatre restaurants etc. Family friendly environment. For information about shows, membership, or to receive our newsletter please call 38888580.

LADIES 50 - 60S age bracket needed for social tennis, played at Chermside Rd in Danzy Buchanan Park Mango Hill on Friday mornings from 8.30 am to 11.30 am please Contact Christine 0432042764 or Maureen 0424098073. Lovely ladies would welcome you.

LADIES SMALL CARD GROUP Canasta five & pony 50's - 60's age bracket Wednesday 10am - 3pm North Lakes 3203 1239 Will teach if needed.

LAKES ANGLICAN CHURCH SERVICES. Sunday worship: 1st Sunday of each month Combined communion service and Children's Church at 9am: Every other Sunday there is a traditional communion service at 8am and at 10am there is a contemporary service which includes Children's Church up to age 11, modern worship, relevant sermons that address life's challenges.

LIFE! CHURCH SERVICES: 9:30am @ Kallangur State School & 5pm @ North Lakes State College. ALL ARE WELCOME. For more information, please go to www.thelifechurch.org.au

LIONESS CLUB OF MORAYFIELD & DISTRICT Come and join us to help support our local district. We meet on the 1st Thursday of each month for a Dinner Meeting, 6.00 for 6.30pm for a short meeting and socializing. Also, on the 3rd Wednesday morning 9.30 for 10.00am for a Business Meeting. Venues will be advised on contact. Contact Margaret Zonca 5499 0509 or Joy Hynes 5433 0650.

LIONESS CLUB OF REDCLIFFE CENTRAL meet 2nd and 4th Mondays at 6.30pm. This is a great way to make new friends and help the community at the same time. For further information Phone Liz on 3284 9415.

LIONS CLUB OF NORTH LAKES: If you're a new resident of North Lakes wishing to integrate into the community and want to make new friends, please consider joining our club. We Dinner/Meet the 2nd & 4th Wednesday evenings of each month, have regular interesting guest speakers, are pro-active and incorporate a varied social outing calendar, mindful of keeping a balance between family, work and play. We're a very happy Lions club and encourage couples to join. Call Chris on 0429 457 722 and I'll arrange our Membership Chairman to call you.

LIONS CLUB OF REDCLIFFE. Our friendship club welcomes you to join us once a month for a fine meal with interesting guest speakers, and have a friendly get together once a month to play cards or just chat. Call Neil or Maureen Tyler on (07) 3204 8883 or Email nghmtyler@bigpond.com

LIONS CLUB OF REDCLIFFE KIPPA-RING Come join our flourishing Club, supporting the local community. We run the Redcliffe Showgrounds Community Markets every Sunday from 6am – 11am. We visit the elderly & isolated, and recycle used spectacles to send to needy countries, plus more! Meetings held 1st & 3rd Tuesdays at Rothwell Hall, Board meeting 2nd Tuesday. Call 0418 191 578.

MAKE FRIENDS HAVE FUN with The Moreton Bay Social Group 45+ Join us Tuesday evenings from 6pm at Redcliffe Leagues Club as friends, lets chat and maybe enjoy dinner in a relaxed atmosphere with friendly people and discuss outings to enjoy for the month and beyond. If you are interested in a group that only wants to socialize Ph Maureen 34918998 Nick 0423543833 Jen 38803357

MASONIC MEETINGS Freemasons, and anyone interested in learning about Freemasonry, wishing to attend a Daylight Lodge. We meet 9-30am. the fourth Monday of every month at Freemasons Centre Seaville Av.Scarborough, on the Redcliffe Peninsula. Our friendly Ladies ,who attend every Luncheon,will extend a warm welcome to your wife,please bring your wife along. Phone Les 3888 0739.

MEN'S SHED REDCLIFFE Community is now up and running and available to All Men, in the area. Activities, or just a cuppa and a yarn are on offer in this new Shed . The Shed is at The CommunityHouse 1 Laminton Drive , off Oxley Avenue and hours are Mon,Wed,Fri, 9-00am til 1-00pm. Call in for a chat or phone 0490 468 222 and speak to Wal or Joe

MEN'S SHED The Pine Rivers men's Shed operates every Monday, Tuesday, Wednesday and Friday 8.30am – 1.30pm at our shed, Old Petrie Town, Dayboro Rd, Kurwongbah. If you like activities such as woodwork, metalwork, computing, etc and making items for the community, or if you just enjoy a cuppa and a chat – come along. All men of any age welcome. For further information contact Sal 32612323 or 0438612324.

MORETON BAY CHRISTADELPHIANS Free Bible based seminars. On every Wednesday at 7.30pm. Various Topics. 4 Whites Rd Petrie. For more info call 0411 649 466 or email info@moretonbayecclesia.net

MORETON BAY SYMPHONY ORCHESTRA aims at providing quality music for the Moreton Bay region. MBSO performs a selection of music such as contemporary popular, classical and large scale symphonic music. Subsidiary groups include a Junior Strings (under 15), Youth Symphony (under 25), Jazz Band and Flute Choir. Play an instrument? We are always on the lookout for more musicians! Like us on Facebook! Email: enquiries@mbso.org.au Visit our website at: www.mbso.org.au

MOUSETRAP THEATRE Redcliffe Showgrounds home to plays, musicals, cabarets, pantomimes and theatre festivals. Acting workshops for primary & high school aged children. Technical workshops. We are a warm and friendly little theatre company, where everyone is welcome, either in acting, backstage, technical, directing roles etc. Further information: 0439 954 719

NAVY CADETS – TS Koopa Youth 13-19 Years Parade 630pm to 930pm Friday Nights TS Koopa Kal-Ma-Kuta Dr Sandstone Point Enquiries co.tskoopa@navycadets.gov.au 0430 940 189

NORTH LAKES COMMUNITY WOMEN'S GROUP INC. meets on the first three Tuesdays of the month at 09:45 am at the Community Centre, The Corso, North Lakes. On other Tuesdays we meet for lunches, bus trips and planned outings. Enquiries please phone: Julie, 3886 4552; Colleen, 0418 658 442; or Carmen, 3491 9410: All welcome.

NORTH LAKES UNITING CHURCH offers a family service with children's Sunday School. Services each Sunday at 9:30am followed by fellowship and refreshments are held at The Lakes College located at Cnr College Street and Discovery Drive, North Lakes. All welcome. Contact Mark Cornford on 0421 950 325 or email info@northlakesunitingchurch.org.au

OLDER WOMEN'S NETWORK, Woody Point meet every 2nd & 4th Tuesday at 10AM. We are an energetic fun & friendship group who meet for company, mutual support and to information relevant for senior women. Venue: Woody Point Memorial Hall Cnr of Oxley Avenue & Hornibrook Esplanade, Woody Point. Entrance fee $4 Lucky Door Prize 9th Feb Topic: Enduring Power of Attorney & Advanced Health Directive. 23rd February: Author Lorraine Szabo. Speaker JP John Carpendale

PEACE PRESBYTERIAN CHURCH We welcome visitors to our church at 155-157 Maine Terrace, Deception Bay. Weekly service held at 9:30am and Kid's Church starts at 9:45am. Regular Kids Club programme over two days during the school holidays. Teen club meets the first Friday of the month at 5:00pm for tea. Monthly craft group and an op-shop that opens the second Thursday of the month from 9am to 12noon. Please drop in and share a coffee and cake with us. For more information phone 3888 3781.

PENINSULA ANIMAL AID is an animal refuge shelter for rescued dogs and cats. The shelter is located at Clontarf on the Redcliffe peninsula and is solely run by volunteers and has been operating since 1971. If you would like more information about adopting an animal, volunteering, becoming a member or attending our monthly meetings, please phone 3284 1927 or go to our website www.peninsulaanimalaid.com.au

THE PENINSULA HERB GROUP meets every third Saturday in The Wallum Centre at the Redcliffe Botanic Gardens, Henzell St Redcliffe. Meetings start at 1:30, we welcome all visitors and anyone interested in herbs. For any enquires please ring the secretary on 32843279 or herb garden coordinator on 32831828.

PENINSULA SOCIAL GOLF CLUB welcomes both male and female golfers of any level, with or without an AGU Handicap. Peninsula Social Golf Club plays at a variety of courses with both single and team events, has an annual dinner and presentation evening and a weekend end of year trip. Any golfers interested can contact Club Secretary Noel Price 0413 781 830 www.peninsulasocialgolfclub.asn.au

PENNINSULAR WELLNESS GROUP. Learn about the healing power of essential oils. How essential oils can help you to recover from illness and stay well. We meet Sundays from 2:30 pm to 4:30 pm at Warwick Tower 13/51 Marine Pde Redcliffe (opposite Sutton's Beach) For more information ring 07 34825145

PINE RIVERS QCWA is holding a Market Day and Jumble Sale Sunday 13th December at Redcliffe QCWA Hall, 189 Prince Edward Parade Redcliffe. 8am–1pm. Stalls with Scrapbooking, Sewing, Craft, Books, Baking, Preserves and Bric a Brac. While there browsing enjoy a Devonshire Tea. Limited tables still available: Phone Sylvia - 5495 5151

PINE RIVERS SLIMMERS CLUB. Trying to lose weight? Need Help? Join us every Wednesday morning at the Lions Hall, Lawnton Showgrounds from 8.15am – 9.45am. Joining fee $12. Weekly fee $3. For a relaxed social atmosphere, friendly support, nutritional advice, recipes and competitions. 30years+ in the operating in the shire. Contact Chris 3285 2949

PINE RIVERS VIEW Club meets on the third Wednesday of each month for lunch at Murrumba Downs Tavern, Murrumba Downs. Interesting speaker. On the first Wednesday of each month we have an outing to a place of interest. Ladies come and meet new friends. Visitors welcome. Phone Sandra 3425 2738 and Elizabeth 38864937

PLAYGROUP MANGO HILL. 9:10-10:10am each Friday (except school holidays) for families of children planning to attend Mango Hill State School. Indoor and outdoor play, music and story time for children aged 2-5 with their parents/carers. Program led and facilitated by a teacher. All activities are free! Come along and get to know others in our caring school community. Contact Gabrielle Douglas gdoug7@eq.edu.au.

PLAYGROUP REDCLIFFE - 9am Wed & Friday. 1 Richens St, Redcliffe [Redcliffe Uniting Church]. Well organised and structured playgroup. More details check out the Redcliffe Uniting Church website.

PLAYTIME ROTHWELL Thursday 9am -11am Mueller College A Block Morris Road. Suitable for children aged 0 to 4. Operates during school terms. Enjoy a cuppa and a chat with other adults while the children interact, playing with toys and doing craft. Shared morning tea is on a roster basis. Gold coin donation each week. Provided by Mueller Community Church. Contact Isabel on 3897 2869

PROSTATE CANCER SUPPORT GROUP for the Moreton Bay Region meets second Tuesday every month. There are medical profession speakers with an opportunity to talk to these and other men affected by the disease. Meetings start 6.30pm, Education Centre, Redcliffe Hospital. Men, partners and family members are welcome. More info contact Fred Travis on 3480 5904 or 0404 495 898.

P.U.B.S Home brew beer club, meets last Tuesday of every month at Kruger Hall, Kallangur at 7pm, for advice, comps and everything home brew, new members welcome, for more info call Greg on 0423205205

PULSE YOUTH is the youth program of Life! Church. Come check out the craziest games, pumping music, hear a great word, be part of a connect group and make amazing friends! Every Friday night, 6-8.15pm Kallangur State School Hall, School Rd, Kallangur! For more info contact Scott & Miriam on 0413905336 or youth - youngadults@thelifechurch.org.au

PROBUS CLUB OF KALLANGUR meets at 10am on the 4th Friday of the month at the Baptist Church Hall, Ogg Rd. Murrumba Downs, has bus trips and Walks and Talks and Morning Teas and Lunches. Visitors welcome VACANCIES NOW Joan 38863656, Ken 33841313, Dorothy32851538

PROBUS CLUB OF REDCLIFFE Inc. The Club is for Male and Female retirees Seeking fellowship and fun. We enjoy Entertainment, Coach trips, Cruises, Dine-outs, Local and QPAC Theatre days, Lawn bowls, Beach BBQs & Coffee mornings, Meetings - second Monday of every month at the Redcliffe Golf Club. President Barry Lynch 3284-3434 or 0400 270 760 gramps98@optusnet.com.au

PROSTATE CANCER SUPPORT GROUP at Redcliffe meets on the second Tuesday of every month. Medical professionals speak at each meeting and is an opportunity to talk to these as well as other men and their partners affected by the disease. Partners of men attend regularly. Meetings start at 6.30pm at the Education Centre of Redcliffe Hospital. All men, partners and family members are welcome to attend. More info contact Fred Travis on 3480 5904 or 0404 495 898.

QUEEN'S BEACH INDOOR BOWLS Club Inc. Monday 7.15pm Thursday afternoon 1.15 pm Church Hall cnr. Griffith Road. & Prince Edward Pde.Scarborough.

QUOTA INTERNATIONAL CLUB OF NORTH LAKES meets at North Lakes Health Precinct on the second Monday of each month at 6.30pm for a light supper followed by our meeting at 7 pm. If you would like new friendships, share in our local community and support local and international projects, give us a call. For more information on the work that we do and be involved with this great club, call Lyn on 0408 873 939 or Val on 3385 0661.

REDCLIFFE BRANCH OF NATIONAL SENIORS. Meets on the last Friday each month at 10-00 a.m. for 10-30 a.m. in the "Kokoda Room" of the Redcliffe R.S.L. Club. Phone secretary Lynette on 3204 1678

REDCLIFFE CITY CHOIR practises weekly in the Rothwell area, Monday nights from 7:15 - 9:30pm. We sing a range of music - from pop, folk and jazz to classical and light opera. Most pieces are in four-part harmony. New members are always welcome! More information phone 3385 9778 or 3889 5789.

REDCLIFFE CITY LIONESS CLUB meets on the 1st & 3rd Mondays at 6.30pm at the Woody Pt Hall, Redcliffe. Make new friends & support local community projects. New members welcome. For further information contact Noelene on 3293 1222 or Trish on 3284 3498 or 040 7117212

REDCLIFFE COUNTRY MUSIC CLUB. Dalton Hall, Redcliffe Showgrounds Scarborough Rd. Socials : 3Rd.Sunday 1.00P.M. 4Th Friday Night 7.30.P.M. Quality Guest Artists & Walk-Ups. Contact Trudi on 3284 7609. All Welcome: Entry $ 4.00.

REDCLIFFE & DISTRICT FAMILY HISTORY GROUP. Membership open to anyone wishing to research their ancestors. Our Library contains over 600 books, microfiches, CD's and computer access. Help is always available, with tea, coffee and a friendly chat. We meet every Tues & Thurs morning 9.30 am till 12.30 pm, and one Mon evening a month by appointment, at the Scout Hut, Isobell Street, Clontarf. Contact 3293 0567, or email RDFHG2012@gmail.com

REDCLIFFE EXSERVICEWOMEN'S CLUB Third Monday of each month, 10.30am, Meeting Room Redcliffe RSL, Irene St, Redcliffe. Exservicewomen of all ages from all services welcome to share social comradeship with others. Phone Wendy on 3880 2602 for more details.

REDCLIFFE FAMILY FUN is a new community Facebook page listing activities and events for families in Redcliffe and other Brisbane Northside suburbs. www.facebook.com/RedcliffeFamilyFun

REDCLIFFE HEALING ROOMS Come and let God touch and heal you. Woody Point Community Centre Cnr Hornibrook Esp & Oxley Ave Woody Point Wednesday 7 - 9pm and Friday 10:30 -1pm "Grandenfrie" Cnr Anzac Ave and Duffield Rd Kallangur Monday 10am -12noon All welcome. No appointment necessary. Enquiries 07 3284 1880

REDCLIFFE HISTORICAL SOCIETY holds its general meeting on the second Friday of the month at 2pm, in the Meeting Room of the Redcliffe Library. Monthly guest speakers highlight interesting aspects of Redcliffe's history. Members and guests are invited to participate in the meeting and share afternoon tea. Enquiries to the Secretary Nette Griggs on 0458643506 or at info@redcliffehistoricalsociety.com. Website: www.redcliffehistoricalsociety.com

REDCLIFFE LADIES PROBUS CLUB Meets on the 2nd Thursday every month at The Bramble Bay Bowls Club, Hornibrook/Victoria, Woody Point at 9.30am for 10.00am. Enjoy morning tea, a guest speaker and outings. Visitors welcome. Contact Margaret 3284 4242

REDCLIFFE MULTITUDE CHOIR is a non auditioned community choir singing a mix of pop, jazz and folk music, rehearsing every Thursday night during school terms at Margate Baptist Church Hall, 27 Duffield Rd. Margate. The only requirement is a love of singing. Contact 0402 121 155

REDCLIFFE OVER 40 SOCIAL DANCE CLUB INC Meets at CWA Hall Prince Edward Parade, every Wednesday night from 6.30-10.30 pm. Band music to modern and new vogue dancing. New participants most welcomed. Supper provided. Theme nights throughout the year. Singles, new dancers and all abilities welcomed. Non profit organisation. www.over40socialdanceclub.org

REDCLIFFE OSTAMATE SUPPORT And Carers Group Meet at the Cultural Centre Redcliffe in the Schillam Room at 10am on the first Tuesday of the month. Cost is $2 and morning tea is supplied. For more information please contact Dot 54 95 1335.

REDCLIFFE PENINSULAR DARTS ASSOCIATION: Players needed to our Wednesday night fixtures. A & B Division Teams. No need to register with a full team - we can certainly get you in a side now. $15 yearly registration & $4 fees per night. Licenced bar facility. Call Patty Martin 3203 8587

REDCLIFFE PENINSULA POETS Group meet on the first Tuesday of the month at the Redcliffe Cultural Centre 7pm in the Winton room. Everyone is welcome to come along. Read your own poetry or some from a book! Our next concert is on February 17- 10am Cultural Centre Redcliffe $6.50 "Valentine's Day". Lots of Laughs and fun- I'm sure you will enjoy the morning. President Janice 3889 4701

REDCLIFFE PENINSULA PROBUS CLUB meets on the 4th Tuesday of each month at the Kokoda Room, Redcliffe RSL, Irene ST. Redcliffe at 10.30am. New members most welcome. Contact President Bob Ph. 3467 3091 or Secretary Ray 3203 2611

REDCLIFFE PENINSULA SURF LIVE SAVING Want to part of the community? Fancy joining one of the most iconic Australian organisations? Ever thought of learning lifesaving skills? Situated at Suttons Beach, Redcliffe, we run a nipper program for those aged between 5 and 13 every Sunday between the months of September and March. Call 32844105 or go to www.redcliffeslsc.com.au

REDCLIFFE PENINSULA VIEW We meet on the second Thursday of each month at the Moreton Bay Boat Club for our meeting and a fine lunch. The sights and scenes seen from the deck are also something special to share and celebrate with friendly ladies gathering to help the Smith Family support Learning For Life Students. Please call Gillian on 3885 8210 if you would like to come along to share lunch with benefits.

REDCLIFFE POTTERY GROUP: Wheel-throwing classes for the beginners. Two classes on Tuesday and Saturday with 2-hour lesson over 6 weeks. Fees are $120 per semester. Classes are held at our studio at Old Redcliffe Fire Station 395 Oxley Avenue, Redcliffe. Contact Tad on 0411 339 061 or email austad@bigpond.net.au

REDCLIFFE RSL SUB-BRANCH General Meetings of the Sub-Branch every two months on the third Sunday of the month at 10.30 am. We also conduct interviews for Service pensions, disabilities and Advocacy claims covering Service personnel, police and cadets. For appointments call 3889 4872.

REDCLIFFE RUGBY UNION. Senior Rugby Union training 6.30pm Tuesday & Thursday, Veterans touch footy 6.30pm Wednesday, senior games played Saturday, Veterans games played Friday night. Seniors & veterans (35+) team info, club news & game dates at www.redcliffe rugby.com.au Enquiries to play Mark 0423214202 or senior.secretary@redcliffe rugby.com.au Ray Frawley Fields. Silcock St Clontarf.

REDCLIFFE SENIOR CITIZENS CENTRE 401 Oxley Ave, Redcliffe, 4020. Membership $8 with joining Fee $2. Activities, Table Tennis, Indoor Bowls, Darts, Concerts, Hoy, Snooker, Vogue Dancing, 500, Line Dancing, Pilates & Chee Gung. Contact 3284 1366 or 0418 796936.

REDCLIFFE SNOOKER CLUB Inc. Meets every Monday 5.00pm at our new Clubrooms, 1 Bowling Green Lane, Redcliffe for a social competition. We have 4 snooker tables and the rooms are also open to visitors 10.00am to 4.00pm every Thursday, Friday and Saturday for a practice hit. Costs are $2.00 per hour per person with partner- for further information please ring Garry Wardle 0414722189 or email snookerclub@optusnet.com.au

REDCLIFFE SPIRITUAL DISCUSSION GROUP meets at Unit 3 (down the back) 124-130 Oxley Avenue, Woody Point (near Ellen Street), on the first Friday of each month, at 7.30 pm. We explore theosophy, Alice Bailey writings, poetry of Rumi, holistic psychology of Carl Jung, the I Ching, Taoism and Zen, Feng Shui, Tibetan Buddhism, progressive Christianity, sacred sites, music, prayer, meditation and so on. All welcome. Tel: 3283 8386.

REDCLIFFE TABLE TENNIS ASSOC INC offers a social atmosphere and has a range of players from beginners to very experienced. The club is located at Clontarf High School Gymnasium in Isobel Street, Clontarf every Friday night from 7.30pm. Quality Stiga tables and 3 star balls are provided and bats are available for use by casual visitors. Charges are very reasonable. For further information contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

REDCLIFFE TPI SUB BRANCH meets on the first Monday of every month, 9.30 a.m. at the Redcliffe Bridge Club Rooms in Irene Street Redcliffe (next to the RSL). All TPI, Special Rate Pensioners, prospective members and Spouses are invited to attend. Further information available from Mick Karolak on 3283 1721 or Pedro Newman on 3889 5704.

REDCLIFFE UNITING CHURCH - A Community aiming to be at the Heart of the community. Worship Sunday 9am, 1 Richens St, Redcliffe. Never boring, always engaging! Download our APP 'Redcliffe Uniting' or check out our website.

ROTARY CLUB OF KIPPA RING-NORTH LAKES meets Wednesdays from 6.15 pm at Rotary District Office : Evergreen Centre 14-18 Discovery Drive, North Lakes. Rotary connects 1.2 million members from 34,000 clubs in 220 countries. Come join us. Once a week, we meet to help others in the wider community. It's life changing. Contact Garry Gibson on 0419 742 769

ST JOHN AMBULANCE Moreton bay Cadets and Adults ages 8 and up meet Thursdays from 6:30pm at the Redcliffe SES hall 35 – 41 Portwood Street Redcliffe. For more information contact the Divisional Manager on 0402 895 206

SANDGATE THEATRE is seeking new members interested in becoming involved with an exciting well-established and progressive community theatre group. No experience is necessary, we welcome adults of any age who are keen to meet friendly theatre minded creative people. You might have skills such as painting, dress-making, lighting & sound engineering, canteen control, ushering, cleaning, decorating as well as acting and directing, or perhaps you'd like to learn these and many other interesting skills. Phone 32040296 for further information.

SATURDAY MORNING BICYCLE RIDE in and around north lakes. I am seeking riders utilizing bike lanes and bikeways in a safe and friendly environment. 7am starts with a coffee/ drink break. beginners and intermediate riders, not setting any land speed records just enjoying the great infrastructure of north lakes. Phone Dean at Allsorts- BERG ph 0431286322

SCOUTS offers an exciting and adventure filled learning environment for youth members. Interested? Kallangur Scout Group invites boys and girls from age 6 upwards to join in the fun. For further info contact the Group Leader Chris on 0404 438014.

SINGLE SENIORS OVER 60yo in Moreton Bay area. Would you be interested in joining a small social group of single men and women? We've all experienced the times when we would like to dine out, see a movie, have a picnic, see a show etc etc but maybe not on our own!! So why not join our group and share company. If interested, please email Kate at hopexyz1@hotmail.com.

SLIMMER'S SUPPORT GROUP, KALLANGUR, meets at Q.C.W.A. Hall, Anzac Ave., Kallangur on Friday Mornings at 9 am. NEW MEMBERS WELCOME. For more information please contact Bev. 3882 4598, Denise 3205 3989 or Gail 3204 4163..

SMALL DOG CARER'S CLUB Meet other dog lovers and socialise your small dog with other small dogs. Join the club and have your dog lovingly cared for while you are on holidays, no need to use a kennel. We meet once a month on the first Monday of the month. New members (retired or semi- retired) are welcome. Phone Kevin on 3881 1282.

SOCIAL COFFEE LOVERS GROUP If you enjoy coffee and stimulating conversation, and meeting new people then join us to take advantage of some of the beautiful Peninsula cafes on offer. If interested email Carolyn at carolyn2527@hotmail.com.

SOROPTIMIST INTERNATIONAL Moreton North Inc. is a global voice for women representing 90,000 members in 126 countries. Our projects assist women and girls to access education and leadership opportunities, health care and human rights locally and internationally. Regular meetings and social events are held throughout the Moreton Bay Region. Contact Caryl 0417 730 155 or Audrey on 0402776840 Email simoretonnorth@siswp.org www.soroptimistinternational.org

SOUTH AFRICAN LADIES GROUP Join the "SA LADIES – North Lakes" facebook page to connect with fellow South Africans in the North Lakes and Surrounding areas. Contact Catherine for more information. 0406781261 or monksc@gmail.com

SPECIAL OLYMPICS MORETON NORTH CLUB. We are a regional club of Special Olympics Australia. We bring the benefits of regular sport and competition to children and adults living with an intellectual disability, in the Moreton Bay region. Sports offered are swimming, basketball, athletics, soccer, cricket, golf, ten pin bowling and gymnastics. For more information, please contact Louise on 0411 822 055 or email SOMN.louisegee@outlook.com.

SPINAL LIFE AUSTRALIA'S BRISBANE Post Polio Network will meet at 2.00 pm on Saturday 6 February at Spinal Life Australia, 109 Logan Road, Woolloongabba. (Entrance and parking off Balaclava Street). New members are welcome. For more information please contact Jeanette on 3435 3140

SPINAL LIFE AUSTRALIA'S MORETON BAY Spinal Injuries Network meets at 1.00pm on Wednesday 3 February, 2016 at the Kallangur Memorial Bowls Club, 1351 Anzac Avenue, Kallangur. Guest speaker will be the Coordinator – Member Networks. New members welcome. For more information phone Spinal Life Australia on 3435 3140.

SUPPORT FOR PARENTS Concerned about your teen's behaviour? Don't know what to do? You're not alone. A lot of parents are facing problems just like yours.

SUPPORT GROUP FOR MEN. Men Supporting Men Inc. meets at the new Neighbourhood Centre, 9 George St, Caboolture (opposite the Caboolture State School) every Thursday from 6:45pm-10pm. The group encourages self awareness in a safe and supportive environment. Any man is welcome to attend. Enquiries: Allan 5497 4022 or Paul 0401 625 141 up to 9pm.

SUPPORT GROUP for women battling their poker machine addiction. I am dealing with a pokies addiction and am on my way to beating it. One thing I always wanted was someone to talk to who understood. This group is not therapy or a cure but a chance to share our experiences and, maybe, help each other beat our addiction. Meet Wednesday evenings 7.30pm, Redcliffe. Please email me for details. areneissance@live.com.au

SWIMMING CLUB Would your child like to learn how to race and participate in swimming meets? If your child can swim a minimum of 25m join us for a free introductory club night (conditions apply). Year-round, indoor heated 50m pool. www.australiancrawl.swimming.org.au or phone Shane 0410 468 205 or Jane 0403 859 185

TABLE TENNIS ASSOCIATION in Redcliffe hosts Table Tennis at Clontarf High School Gymnasium, Isobel Street, Clontarf on Friday Nights at 7.15pm. We provide the balls and have a range of bats available for use. The environment is social and new players/beginners are welcome. The nightly fees are very reasonable so for further information, please contact Terry on 0407007143 or email redcliffe.tta@gmail.com.

TEAR Groups are local groups that meet to discuss issues relating to poverty and injustice in Australia and overseas and to advocate on the behalf of disempowered and poor people – most often the poorest of the poor. A Christian Justice Group, meets locally on the first Monday of each month from 7pm-9pm. If you care about poverty, injustice and advocacy for the poorest of the poor then please join us. Phone Di on 073888 0571 or 04-08881507 for details of meetings.

TUESDAY CLUB INC. is a non-profit working organization that raises funds for the Underprivileged & Disadvantaged within the Redcliffe Area. Meetings are held at the Moreton Bay Boat Club every 2nd Tuesday of the Month at 10am, New Members very welcome. Contact Marion 3284 1526 or Loela 3284 4167

U3A REDCLIFFE INC. provides an educational environment for people in the third stage of life. It holds a variety of classes run by volunteer tutors. A subscription of $20 per year applies and a small fee for each class of $2. Computer classes are $30 for 8 weeks. Make enquiries at the office on Level 1, 157-159 Sutton Street or call 3284 2687 email u3a@u3aredcliffe.org.au. More information is on the net at www.u3aredcliffe.org.au

UNITING CARE & TARGET CHRISTMAS APPEAL. Please drop off a gift or make a donation at your local Target store. These gifts will help us deliver hope and happiness to people in our local community who are doing it tough. LET'S PUT A SMILE ON THEIR FACES!

WEIGHT REDUCTION CLUB OF REDCLIFFE. A not for profit body assisting people to solve the problem of being overweight. We meet every Tuesday morning at the Community Hall, Morris Rd, Rothwell from 8:30 am. New members welcome - for more information ph: 3283 7118 or 0424 671 554 or email wrcredcliffe@hotmail.com

WORLD HARVEST MINISTRIES. You are invited to our Sunday worship services 9am and 6.30pm! Come and experience the presence and power of God! Let your life be transformed, receive healing in your body, soul and spirit. Learn about God's truth. We teach the uncompromised Word of God. Families welcome! 53 Telegraph Road, Bald Hills. Tel: World Harvest Ministries 3261 4555.

YE OLDE BRASS RSL MEMORIAL BAND Redcliffe Inc Present their Annual Christmas Concert Featuring Christmas Carols; and other Popular Christmas Tunes Santa and Christmas Raffles Date: Sunday 13th December 2015-11-13 Time: 1.45 PM Venue: Redcliffe RSL Kakoda Room Admission: FREE

YOUTH GROUP The Salvation Army, Redcliffe Come join us on the 1st and 3rd Friday of the month from 7 til 9 pm and enjoy a mass of activities from old school video games to ping pong and movies. We are located on Ashmole Road, Redcliffe (Turn left off Anzac Ave). Check out Facebook.com/VisionYP for contact information and further details.

ZONTA CLUB REDCLIFFE Membership is open to all women who are actively involved in business and professions. Meetings are held on the 4th Monday at each month. Interested? Further information may be obtained by contacting info@zontaredcliffe.org.au Or: 0457426806

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